

Low-carb Prosciutto Wrapped Asparagus



Ingredients

- 12 asparagus spears
- 6 slices thin prosciutto
- 4 Tbsp almond meal/flour
- 4 Tbsp parmesan grated/shredded
- 2 Tbsp double heavy cream

Prep time: 10 minutes

Cook Time: 15 minutes

Total Time: 25 minutes

Directions

1. Remove the bottom inch from the asparagus spears then place into a large saucepan. Add enough boiling water to just cover the asparagus, bring to boil for 2 minutes. You want the asparagus to remain slightly crunchy, but not raw in the middle. Remove from the heat and drain.
2. Place each prosciutto slice on a chopping board and place 2 cooked asparagus spears diagonally on top.
3. Mix the parmesan and almond meal/flour in a small cup. Sprinkle a little of the parmesan/almond mixture across the asparagus, drizzle with a little cream, then roll up. Place each one in the baking dish.
4. Sprinkle the remaining parmesan/almond mix over the top. Bake at 350F for 15 minutes, or until golden and the cheese has melted.

Nutritional Information

Calories	80
Total Fat.....	5.9g
Total Carbohydrate.....	2.8g
Dietary Fiber	1.1g
Sugar	0.8g
Protein	4.9g
Serving size.....	2 Spears
Recipes yields.....	6 servings

Adjusted from:
<https://www.ditchthecarbs.com/low-carb-prosciutto-wrapped-asparagus/>