

# Roasted Asparagus Wrapped in Ham

Yield: 4 min  
Total Time: 37 min

Recipe from: <https://www.recipeschoose.com/recipes/starbucks-slow-roasted-ham-and-swiss-recipe>

## Ingredients:

- 1 pound asparagus spears thick, woody ends trimmed
- 1 pound ham smoked

## Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 65 milligrams
4. Fat: 10 grams
5. Fiber: 3 grams
6. Protein: 22 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1480 milligrams
9. Sugar: 2 grams

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