

Bacon Wrapped Asparagus

PREP TIME

15 min

TOTAL TIME

40 min

Nutrition Information Per Serving

Makes 4 servings

FAT

10g

PROTEIN

8g

CARBS

5g

CALORIES

139

Ingredients

1 lb asparagus

1 Tbsp olive oil

8 slices bacon

Salt and pepper, to taste

Instructions

1. Preheat oven to 400 degrees.
2. Toss asparagus with oil and season with salt and pepper.
3. Gather 3-4 spears and wrap with bacon until all bacon and asparagus are used.
4. Bake for 20 minutes, then broil on high for additional 5 minutes.