



Antipasti peach platter

READY IN



5 min.

SERVINGS



8

CALORIES



234 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

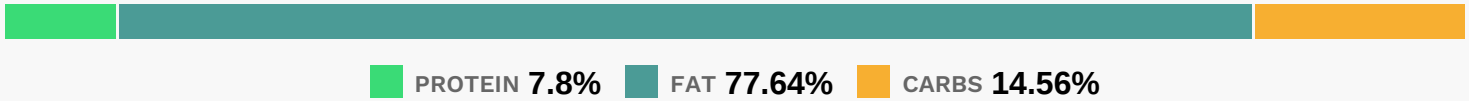
- ☐ 4 peaches cut into eighths
- ☐ 12 slices pancetta
- ☐ 50 g parmesan shaved with a peeler chunk
- ☐ 1 to 5 chilies red deseeded very finely chopped
- ☐ 2 handfuls arugula
- ☐ 8 servings olive oil
- ☐ 1 stick breadsticks

Equipment

Directions

- ☐ Arrange the peaches, prosciutto and Parmesan on a large platter, sprinkle over the chilli and scatter the rocket to finish. Just before serving, drizzle with a little oil.
- ☐ Serve with breadsticks to add crunch.

Nutrition Facts



Properties

Glycemic Index:18.03, Glycemic Load:2.87, Inflammation Score:-4, Nutrition Score:5.9152173684991%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 233.74kcal (11.69%), Fat: 20.64g (31.76%), Saturated Fat: 4.58g (28.6%), Carbohydrates: 8.71g (2.9%), Net Carbohydrates: 7.41g (2.7%), Sugar: 6.75g (7.5%), Cholesterol: 12.17mg (4.06%), Sodium: 192.49mg (8.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.67g (9.33%), Vitamin E: 2.69mg (17.93%), Vitamin K: 17.02µg (16.21%), Vitamin C: 11.91mg (14.43%), Vitamin A: 469.95IU (9.4%), Calcium: 86.53mg (8.65%), Phosphorus: 82.17mg (8.22%), Selenium: 5.44µg (7.77%), Vitamin B3: 1.19mg (5.95%), Fiber: 1.3g (5.19%), Potassium: 157.71mg (4.51%), Vitamin B6: 0.09mg (4.42%), Vitamin B1: 0.06mg (3.99%), Copper: 0.08mg (3.83%), Manganese: 0.07mg (3.74%), Vitamin B2: 0.06mg (3.7%), Zinc: 0.52mg (3.49%), Magnesium: 13.83mg (3.46%), Iron: 0.57mg (3.18%), Folate: 11.08µg (2.77%), Vitamin B5: 0.24mg (2.43%), Vitamin B12: 0.14µg (2.25%)