



Beet Stalks with Prosciutto: Coste di Bietola con Prosciutto



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



133 kcal

SIDE DISH

Ingredients



2 bunches bunchs of kale for another use



1 pinch ground cinnamon



2 tablespoons olive oil extra-virgin



2 orange zest juiced



2 ounces prosciutto di san daniele julienned thinly sliced



0.5 onion paper thin red sliced



4 servings salt and pepper

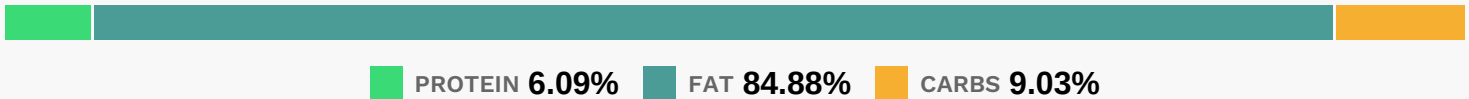
Equipment

☐ frying pan

Directions

- ☐ Clean the beet greens, removing the leaves and setting them aside for another use. Trim the stalks on the cut into 6 inch long pieces.
- ☐ Bring 1 quart of water to a boil and set up an ice bath nearby. Cook the stalks for 2 to 3 minutes in the boiling water until tender, then shock in ice water. Once cooled, remove the stalks and pat dry.
- ☐ Cut the stalks into 1/4-inch julienne and set aside.
- ☐ In a 12 to 14-inch saute pan, heat the 2 tablespoons olive oil over high heat until almost smoking.
- ☐ Add the beet stalks, prosciutto, orange zest, cinnamon, remaining 1 tablespoon of olive oil and red onion and toss to coat, about 30 seconds. Splash with the orange juice and toss again. Season with salt and pepper and divide among 4 plates.
- ☐ Serve immediately, with fish or grilled meats.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.28, Inflammation Score:-2, Nutrition Score:2.6534782881322%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 132.54kcal (6.63%), Fat: 12.65g (19.47%), Saturated Fat: 2.86g (17.86%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.11g (0.77%), Sugar: 0.59g (0.65%), Cholesterol: 9.36mg (3.12%), Sodium: 289.63mg (12.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.09%), Vitamin C: 9.33mg (11.31%), Vitamin E: 1.1mg (7.3%), Vitamin K: 6.28µg (5.99%), Selenium: 2.98µg (4.26%), Fiber: 0.91g (3.66%), Vitamin B1: 0.05mg (3.54%),

Vitamin B6: 0.07mg (3.27%), Vitamin B3: 0.64mg (3.21%), Phosphorus: 25.9mg (2.59%), Potassium: 65mg (1.86%), Manganese: 0.03mg (1.52%), Calcium: 14.81mg (1.48%), Zinc: 0.21mg (1.39%), Vitamin B2: 0.02mg (1.28%), Vitamin B5: 0.13mg (1.26%), Vitamin A: 62.5IU (1.25%), Magnesium: 4.78mg (1.2%), Vitamin B12: 0.07µg (1.18%), Folate: 4.49µg (1.12%), Iron: 0.19mg (1.07%)