



Bluestem's Crostini with Prosciutto and Hot and Sweet Cipollini

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



425 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 cipollini onions peeled
- ☐ 1 small fennel bulb trimmed sliced into 1/4-inch-thick slices
- ☐ 2 cloves garlic smashed chopped
- ☐ 2 orange juice
- ☐ 12 drops mustard
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 4 ounces pancetta sliced

- ☐ 4 slices bread crumbs thick
- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons sherry vinegar
- ☐ 2 tablespoons sugar
- ☐ 1 cup wine

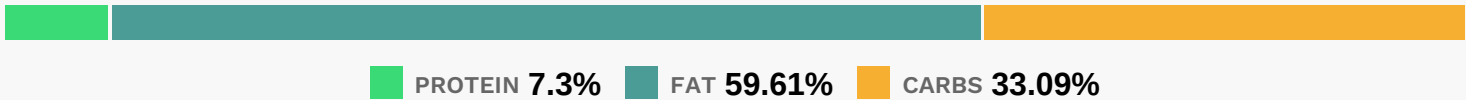
Equipment

- ☐ frying pan

Directions

- ☐ Heat the olive oil in a large sauté pan over medium-high heat.
- ☐ Add the fennel and onions and sauté until browned, stirring to get an even coloring, about 5 minutes.
- ☐ Add the garlic, wine, juice, vinegar, and sugar. Simmer and reduce for 5 minutes, just to soften the onions. Take the pan off the heat and stir in the mustard essence. Season with salt and pepper to taste. Set aside.
- ☐ Brush the extra-virgin olive oil over both sides of each slice of bread. Toast the bread in a skillet over mediumhigh heat until just golden brown. Season with a bit of salt.
- ☐ To serve, put a slice of toasted bread on each of 4 plates. Top each slice with some prosciutto and the fennel and cipollini mixture.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:75.77, Glycemic Load:8.52, Inflammation Score:-6, Nutrition Score:10.902173933776%

Flavonoids

Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg, Catechin: 0.46mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg

Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg, Hesperetin: 3.83mg Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg, Naringenin: 0.87mg 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: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg, Isorhamnetin: 3.01mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 12.44mg, Quercetin: 12.44mg, Quercetin: 12.44mg, Quercetin: 12.44mg

Nutrients (% of daily need)

Calories: 425.37kcal (21.27%), Fat: 25.68g (39.51%), Saturated Fat: 8.67g (54.19%), Carbohydrates: 32.07g (10.69%), Net Carbohydrates: 28.29g (10.29%), Sugar: 20.17g (22.41%), Cholesterol: 18.71mg (6.24%), Sodium: 332.07mg (14.44%), Alcohol: 6.18g (100%), Alcohol %: 2.78% (100%), Protein: 7.07g (14.14%), Vitamin K: 41.7µg (39.71%), Vitamin C: 26.98mg (32.7%), Manganese: 0.32mg (16.03%), Potassium: 546.88mg (15.63%), Fiber: 3.78g (15.12%), Vitamin B3: 2.7mg (13.49%), Folate: 49.67µg (12.42%), Vitamin B1: 0.18mg (11.9%), Vitamin B6: 0.24mg (11.89%), Phosphorus: 117.07mg (11.71%), Selenium: 7.77µg (11.1%), Vitamin E: 1.51mg (10.04%), Magnesium: 34.33mg (8.58%), Iron: 1.47mg (8.17%), Calcium: 58.21mg (5.82%), Vitamin B2: 0.1mg (5.81%), Copper: 0.1mg (4.94%), Zinc: 0.72mg (4.81%), Vitamin B5: 0.47mg (4.7%), Vitamin A: 152.89IU (3.06%), Vitamin B12: 0.14µg (2.36%)