



Breadsticks in blankets

 Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



68 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 slices serrano ham
- ☐ 8 breadsticks
- ☐ 1 bunch watercress

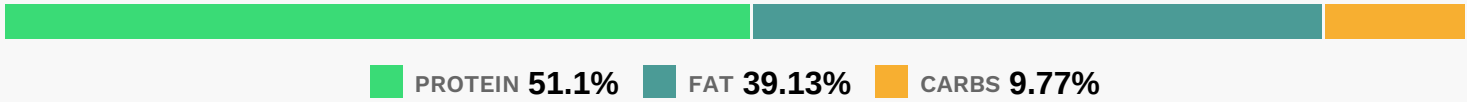
Equipment

Directions

- ☐ Lay a slice of ham on a board.

Place one end of a breadstick and a few sprigs of rocket or watercress on top, and roll up in the ham, leaving the bottom end of the breadstick exposed the leaves should peek out the top. Arrange on a serving platter. Make up to half an hour ahead: keep covered with cling film in the fridge.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.3295652153699%

Flavonoids

Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg, Kaempferol: 1.44mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 67.63kcal (3.38%), Fat: 3.1g (4.77%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 1.74g (0.58%), Net Carbohydrates: 1.58g (0.58%), Sugar: 0.08g (0.09%), Cholesterol: 15.01mg (5%), Sodium: 569.1mg (24.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.21%), Vitamin K: 15.63µg (14.88%), Vitamin A: 199.44IU (3.99%), Vitamin C: 2.69mg (3.26%), Iron: 0.47mg (2.6%)