



Bresaola with Arugula, Fennel, and Manchego Cheese

 Gluten Free

READY IN



45 min.

SERVINGS



18

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 54 arugula leaves ()
- ☐ 1 medium fennel bulb halved lengthwise thinly sliced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3 tablespoons olive oil
- ☐ 4 ounce parmesan cheese shaved
- ☐ 4 ounce bresaola sliced
- ☐ 4 ounce bresaola sliced

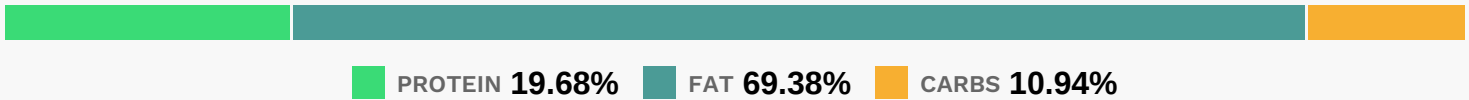
Equipment

- ☐ bowl
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Whisk olive oil and lemon juice in small bowl to blend; set dressing aside.
- ☐ Place 1 bresaola slice on work surface with 1 long side parallel to edge.
- ☐ Place 3 arugula leaves at 1 short end so that leaves extend past 1 long side. Top with layer of sliced fennel, then 2 cheese strips.
- ☐ Sprinkle with pepper.
- ☐ Drizzle with 1/2 teaspoon dressing. Starting at filled end, roll up bresaola, enclosing filling. Arrange, seam side down, on platter. Repeat with remaining ingredients to form 18 rolls total. (Can be made 4 hours ahead. Cover with plastic wrap; chill. Before serving, let stand 30 minutes at room temperature.)
- ☐ *Available at Italian markets and some specialty foods stores.

Nutrition Facts



Properties

Glycemic Index:5.78, Glycemic Load:0.34, Inflammation Score:-2, Nutrition Score:2.7530434682317%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg, Kaempferol: 2.09mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 51.04kcal (2.55%), Fat: 4.03g (6.2%), Saturated Fat: 1.37g (8.58%), Carbohydrates: 1.43g (0.48%), Net Carbohydrates: 0.93g (0.34%), Sugar: 0.71g (0.78%), Cholesterol: 4.28mg (1.43%), Sodium: 109.36mg (4.75%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.14%), Vitamin K: 16.22µg (15.44%), Calcium: 90.63mg (9.06%), Phosphorus: 53.41mg (5.34%), Vitamin A: 209.05IU (4.18%), Vitamin C: 2.78mg (3.37%), Vitamin E: 0.45mg (3.02%), Folate: 9.94µg (2.48%), Potassium: 82.64mg (2.36%), Manganese: 0.05mg (2.27%), Selenium: 1.53µg (2.18%), Fiber: 0.5g (2.01%), Magnesium: 7.85mg (1.96%), Vitamin B2: 0.03mg (1.79%), Zinc: 0.23mg (1.52%), Iron: 0.25mg (1.38%), Vitamin B12: 0.08µg (1.26%)