



Bresaola-Wrapped Persimmons with Arugula



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces baby arugula
- ☐ 1 tablespoon balsamic vinegar (preferably aged)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 fuyu persimmon pulp pitted ripe peeled cut into 12 wedges, or 2 medium mangoes, , , each cut lengthwise into 12 spears
- ☐ 8 ounces frangelico paper-thin
- ☐ 8 ounces frangelico paper-thin

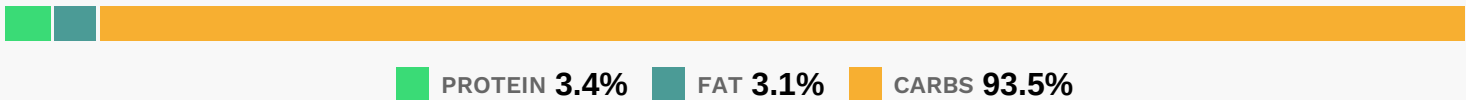
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Toss first 4 ingredients in medium bowl.
- ☐ Place 2 bresaola slices side by side lengthwise and slightly overlapping on work surface.
- ☐ Place 1 persimmon wedge and 4 arugula leaves across 1 short end of bresaola, allowing fruit and arugula to extend past short sides of bresaola.
- ☐ Roll up, with fruit and arugula visible at ends. Repeat with remaining bresaola, fruit, and arugula. DO AHEAD: Can be made 4 hours ahead. Cover with plastic wrap and refrigerate.

Nutrition Facts



Properties

Glycemic Index:6.83, Glycemic Load:2.42, Inflammation Score:-1, Nutrition Score:0.97956522627045%

Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 19.01kcal (0.95%), Fat: 0.07g (0.11%), Saturated Fat: 0g (0.01%), Carbohydrates: 4.9g (1.63%), Net Carbohydrates: 4.86g (1.77%), Sugar: 0.15g (0.16%), Cholesterol: 0mg (0%), Sodium: 49.38mg (2.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.18g (0.36%), Vitamin C: 9.59mg (11.63%), Vitamin K: 2.61µg (2.48%), Iron: 0.39mg (2.18%), Potassium: 53.15mg (1.52%), Vitamin A: 56.18IU (1.12%)