



Caprese Salad With Prosciutto and Fried Artichokes

READY IN



25 min.

SERVINGS



4

CALORIES



604 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14 ounce artichoke hearts in water dry drained canned
- 0.3 cup flour all-purpose
- 1 cup basil leaves fresh
- 1 pound mozzarella cheese fresh sliced
- 0.5 cup olives green pitted smashed (preferably Sicilian)
- 4 servings kosher salt and pepper freshly ground
- 0.5 cup olive oil extra-virgin
- 0.3 pound pancetta thin

1 pound tomatoes quartered

Equipment

bowl

frying pan

paper towels

Directions

Mix the flour with 1/4 teaspoon each salt and pepper in a large bowl.

Add the artichoke hearts and toss.

Heat the olive oil in a large skillet over high heat.

Add the artichoke hearts and fry until golden brown and crisp, about 3 minutes per side.

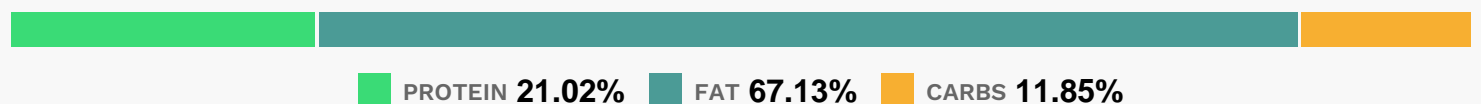
Transfer to a paper towel-lined plate to drain.

Remove the skillet from the heat and reserve the frying oil.

Season the tomatoes with salt and pepper. Divide the mozzarella, tomatoes, prosciutto and fried artichokes among plates. Top with the basil and olives and drizzle with some of the reserved frying oil.

Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:52.5, Glycemic Load:6.19, Inflammation Score:-9, Nutrition Score:21.240434594776%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 603.75kcal (30.19%), Fat: 44.92g (69.11%), Saturated Fat: 19.82g (123.86%), Carbohydrates: 17.85g (5.95%), Net Carbohydrates: 14.09g (5.12%), Sugar: 5.04g (5.61%), Cholesterol: 108.3mg (36.1%), Sodium: 1728.26mg (75.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.65g (63.3%), Calcium: 606.16mg (60.62%), Phosphorus: 481.94mg (48.19%), Vitamin B12: 2.73µg (45.45%), Vitamin A: 2104.49IU (42.09%), Selenium: 27.79µg (39.71%), Vitamin K: 39.98µg (38.07%), Zinc: 3.95mg (26.33%), Vitamin B2: 0.41mg (24.1%), Vitamin C: 16.62mg (20.14%), Vitamin E: 2.42mg (16.15%), Fiber: 3.75g (15.01%), Vitamin B1: 0.22mg (14.74%), Manganese: 0.29mg (14.45%), Potassium: 444.31mg (12.69%), Vitamin B3: 2.49mg (12.44%), Magnesium: 45.98mg (11.49%), Vitamin B6: 0.23mg (11.3%), Folate: 43.83µg (10.96%), Iron: 1.59mg (8.83%), Copper: 0.15mg (7.3%), Vitamin B5: 0.47mg (4.69%), Vitamin D: 0.57µg (3.78%)