



Cheese Crostini with Prosciutto

READY IN



45 min.

SERVINGS



6

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 6 ounce ciabatta bread
- ☐ 2 garlic cloves halved
- ☐ 1 ounce parmesan cheese fresh grated
- ☐ 2 ounces pancetta thinly sliced

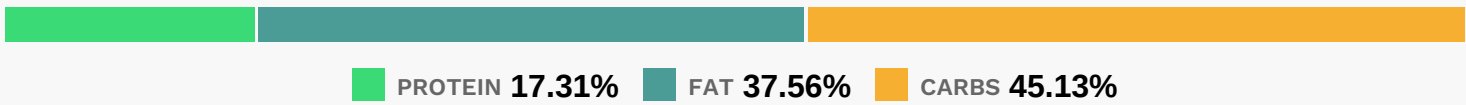
Equipment

- ☐ baking sheet
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Place bread on a baking sheet. Broil 1 minute or until lightly browned. Rub 1 side of each bread slice with cut half of garlic. Discard garlic.
- ☐ Sprinkle cheese evenly over bread. Broil 1 minute or until cheese melts. Divide prosciutto evenly over bread.
- ☐ Sprinkle evenly with pepper.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:0.15, Inflammation Score:-1, Nutrition Score:1.5595652166268%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 124.76kcal (6.24%), Fat: 5.18g (7.97%), Saturated Fat: 2.15g (13.43%), Carbohydrates: 14.01g (4.67%), Net Carbohydrates: 13.63g (4.96%), Sugar: 0.05g (0.05%), Cholesterol: 9.45mg (3.15%), Sodium: 277.37mg (12.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.74%), Calcium: 58.96mg (5.9%), Phosphorus: 48.19mg (4.82%), Selenium: 3.11µg (4.45%), Vitamin B6: 0.04mg (2.12%), Vitamin B3: 0.4mg (2.01%), Vitamin B1: 0.03mg (2.01%), Manganese: 0.04mg (2%), Vitamin B12: 0.1µg (1.73%), Zinc: 0.25mg (1.7%), Fiber: 0.38g (1.5%), Vitamin B2: 0.02mg (1.46%)