



Creamy pesto with prosciutto dippers

 Gluten Free

READY IN



10 min.

SERVINGS



8

CALORIES



325 kcal

SIDE DISH

Ingredients

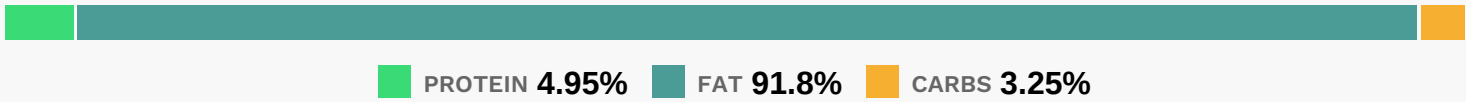
- ☐ 300 g cheese light soft
- ☐ 2 tbsp basil pesto
- ☐ 90 g pancetta
- ☐ 1 tbsp pinenuts
- ☐ 8 servings olive oil extra virgin extra-virgin for drizzling
- ☐ 140 g frangelico (bread sticks)

Equipment

Directions

- ☐ Mix the soft cheese with 2 tbsp basil pesto. Take the pack grissini (bread sticks) and halve each one.
- ☐ Cut the prosciutto into strips and wrap around the end of each grissini.
- ☐ Serve alongside the pesto dip. Scatter the pine nuts over dip and drizzle with extra virgin olive oil before serving.

Nutrition Facts



Properties

Glycemic Index:3.38, Glycemic Load:0.56, Inflammation Score:-4, Nutrition Score:4.0291304566452%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 324.85kcal (16.24%), Fat: 33.61g (51.7%), Saturated Fat: 11.3g (70.65%), Carbohydrates: 2.68g (0.89%), Net Carbohydrates: 2.57g (0.94%), Sugar: 1.57g (1.75%), Cholesterol: 45.6mg (15.2%), Sodium: 227.59mg (9.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.15%), Vitamin E: 2.5mg (16.69%), Vitamin A: 583.75IU (11.67%), Vitamin K: 9.89µg (9.42%), Selenium: 5.49µg (7.85%), Phosphorus: 63.51mg (6.35%), Vitamin B2: 0.1mg (5.78%), Manganese: 0.12mg (5.77%), Calcium: 43.31mg (4.33%), Vitamin B1: 0.04mg (2.95%), Vitamin B5: 0.28mg (2.8%), Vitamin B3: 0.54mg (2.71%), Zinc: 0.4mg (2.67%), Vitamin B6: 0.05mg (2.61%), Vitamin B12: 0.14µg (2.31%), Potassium: 79.38mg (2.27%), Magnesium: 7.86mg (1.97%), Iron: 0.26mg (1.43%), Copper: 0.03mg (1.4%)