



Crisp Prosciutto “Chips”



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



4

CALORIES



183 kcal

SIDE DISH

Ingredients



4 servings olive oil



2 ounces pancetta

Equipment



baking sheet



oven

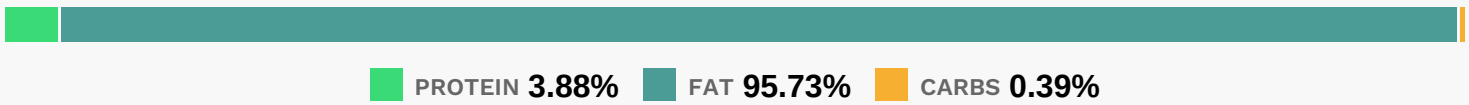


wire rack

Directions

- ☐ Preheat oven to 400 degrees F. Lightly brush a parchment lined baking sheet with olive oil.
- ☐ Arrange prosciutto slices on sheet, not touching each other.
- ☐ Place into the hot oven and bake until crisp 10-12 minutes. Watch it carefully because it can burn quickly.
- ☐ Remove the sheet from oven and allow to cool completely on a wire rack. Do not attempt to move the "chips" until completely cool.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.8282608704075%

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: 182.87kcal (9.14%), Fat: 19.63g (30.19%), Saturated Fat: 3.82g (23.85%), Carbohydrates: 0.18g (0.06%), Net Carbohydrates: 0.18g (0.07%), Sugar: 0g (0%), Cholesterol: 9.36mg (3.12%), Sodium: 94.12mg (4.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Vitamin E: 2.08mg (13.85%), Vitamin K: 8.43µg (8.03%), Selenium: 2.85µg (4.07%), Vitamin B3: 0.57mg (2.85%), Vitamin B1: 0.04mg (2.61%), Phosphorus: 20.41mg (2.04%), Vitamin B6: 0.04mg (1.89%), Vitamin B12: 0.07µg (1.18%), Zinc: 0.17mg (1.12%)