



Curly Endive, Prosciutto and Mozzarella on Bruschetta

 Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 teaspoon pepper black freshly ground
- ☐ 18 diagonal baguette bread
- ☐ 1 head frisee leaves separated
- ☐ 2 teaspoons honey
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 cup olive oil extra-virgin
- ☐ 3 tablespoons olive oil extra-virgin

- ☐ 18 slices pancetta paper-thin
- ☐ 0.5 cup red wine vinegar
- ☐ 2 teaspoons salt
- ☐ 7 ounce water-packed mozzarella cheese fresh drained cut into 18 thin slices

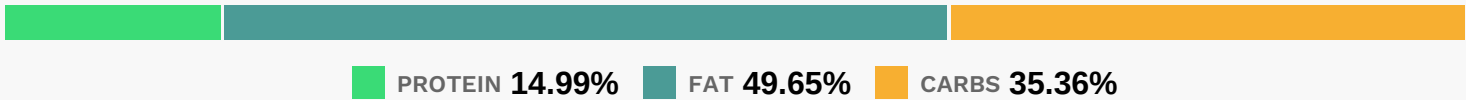
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ Arrange the bread slices on 2 heavy large baking sheets.
- ☐ Brush 3 tablespoons of oil over the bread slices.
- ☐ Bake until the crostini are pale golden and crisp, about 15 minutes.
- ☐ Wrap 1 curly endive and 1 slice of cheese with 1 slice of prosciutto, allowing the tops to extend 1-inch over 1 long side of the prosciutto. Arrange the crostini on a platter. Top each crostini with a prosciutto roll.
- ☐ Drizzle the vinaigrette over and serve.
- ☐ Mix the vinegar, lemon juice, honey, salt, and pepper in a blender. With the machine running, gradually blend in the oil. Season the vinaigrette, to taste, with more salt and pepper, if desired.

Nutrition Facts



Properties

Glycemic Index:23.82, Glycemic Load:22.47, Inflammation Score:-9, Nutrition Score:26.788695667101%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg, Apigenin: 0.33mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg, Quercetin: 2.48mg

Nutrients (% of daily need)

Calories: 507.94kcal (25.4%), Fat: 27.99g (43.06%), Saturated Fat: 5.85g (36.53%), Carbohydrates: 44.84g (14.95%), Net Carbohydrates: 39.88g (14.5%), Sugar: 7.25g (8.06%), Cholesterol: 27.75mg (9.25%), Sodium: 1422.87mg (61.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.02g (38.04%), Vitamin K: 125.24µg (119.27%), Selenium: 51.6µg (73.71%), Manganese: 1.22mg (60.9%), Vitamin B3: 9.15mg (45.73%), Vitamin A: 2184.79IU (43.7%), Vitamin B1: 0.45mg (29.78%), Folate: 116.28µg (29.07%), Iron: 4.23mg (23.51%), Vitamin E: 3.29mg (21.91%), Phosphorus: 208.83mg (20.88%), Fiber: 4.97g (19.86%), Vitamin B2: 0.3mg (17.57%), Vitamin B12: 0.97µg (16.17%), Vitamin C: 13.25mg (16.07%), Vitamin B6: 0.31mg (15.42%), Calcium: 153.49mg (15.35%), Magnesium: 58.13mg (14.53%), Copper: 0.27mg (13.49%), Vitamin B5: 1.33mg (13.26%), Potassium: 405.45mg (11.58%), Zinc: 1.55mg (10.36%), Vitamin D: 0.49µg (3.29%)