

Duck Prosciutto Breadsticks with Ricotta and Dried Figs

READY IN



45 min.

SERVINGS



6

CALORIES



308 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon pepper black
- 0.5 cup figs dried soft finely chopped
- 6 servings figs dried
- 1 cup ricotta cheese fresh (preferably sheep's-milk)
- 3 tablespoons tarragon fresh with scissors
- 0.3 teaspoon garlic minced
- 2 tablespoons milk
- 0.5 teaspoon salt

- 0.5 lb serrano ham thinly sliced
- 8 inch sourdough bread cut into 24 (4- by 1/2-inch) sticks ()
- 0.3 cup walnut oil for drizzling

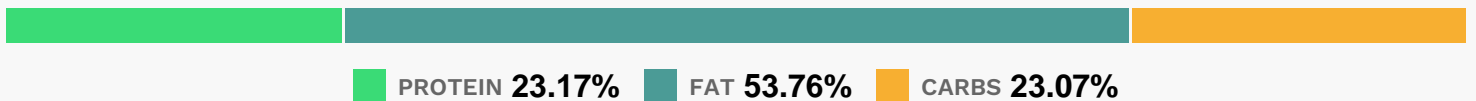
Equipment

- baking sheet
- oven

Directions

- Preheat oven to 350°F.
- Toast breadsticks on a baking sheet in middle of oven until golden, about 15 minutes.
- Wrap each breadstick with a slice of prosciutto, leaving ends of bread exposed, and keep, covered, at room temperature.
- Stir together ricotta, tarragon, figs, garlic (to taste), oil, 2 tablespoons milk, salt, and pepper. If too thick for dipping, stir in 1 or 2 tablespoons of remaining milk.
- Just before serving, drizzle ricotta dip with additional oil and serve with breadsticks.
- Breadsticks may be toasted (but not wrapped with prosciutto) 2 days ahead, cooled completely, and kept in an airtight container at room temperature. • Ricotta dip may be made 1 day ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:66.58, Glycemic Load:9.8, Inflammation Score:-4, Nutrition Score:7.2278261106947%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 307.84kcal (15.39%), Fat: 19.2g (29.54%), Saturated Fat: 5.16g (32.23%), Carbohydrates: 18.54g (6.18%), Net Carbohydrates: 16.14g (5.87%), Sugar: 11.87g (13.19%), Cholesterol: 41.94mg (13.98%), Sodium: 996.1mg (43.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.62g (37.25%), Manganese: 0.41mg (20.62%), Calcium: 158.82mg (15.88%), Iron: 2.15mg (11.95%), Vitamin B2: 0.18mg (10.83%), Selenium: 7.38µg (10.54%), Fiber: 2.4g (9.6%), Phosphorus: 95.08mg (9.51%), Vitamin B6: 0.19mg (9.48%), Potassium: 325.06mg (9.29%), Vitamin A: 438.95IU (8.78%), Magnesium: 30.55mg (7.64%), Folate: 22.93µg (5.73%), Vitamin B1: 0.08mg (5.55%), Zinc: 0.78mg (5.2%), Vitamin K: 5.41µg (5.15%), Copper: 0.09mg (4.46%), Vitamin B3: 0.81mg (4.03%), Vitamin C: 3.18mg (3.86%), Vitamin B5: 0.33mg (3.3%), Vitamin B12: 0.17µg (2.79%), Vitamin E: 0.17mg (1.13%)