



Fettunta with Prosciutto

READY IN



25 min.

SERVINGS



6

CALORIES



86 kcal

SIDE DISH

Ingredients

- ☐ 6 slices center from 21-oz. multigrain boule french good sliced
- ☐ 3 tablespoons parsley leaves fresh minced
- ☐ 1 to 2 plump garlic cloves peeled
- ☐ 1.5 ounces mozzarella cheese smoked good finely grated
- ☐ 0.5 cup olive oil good extra-virgin
- ☐ 1.5 ounces thickly prosciutto minced sliced

Equipment

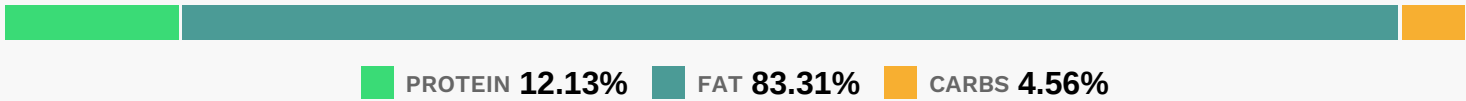
- ☐ bowl

☐ grill

Directions

- ☐ Prepare a gas, charcoal, or wood fire for grilling.
- ☐ Grill the bread a few inches from the heat until golden on both sides.
- ☐ Place the bread on a platter and immediately rub the garlic cloves over the top of the bread's surface. For really garlicky fettunta, rub hard and use both cloves of garlic.
- ☐ Drizzle a generous tablespoon or more of olive oil over each slice of bread.
- ☐ Combine the prosciutto, cheese, and parsley in a small bowl.
- ☐ Sprinkle the mixture evenly over each slice of bread. Return the bread to the hot grill cheese side up, cover the grill with the lid, and cook the fettunta just long enough to melt the cheese and rewarm the toast a bit, about 1 minute.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:14.83, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:3.2517391793106%

Flavonoids

Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 86.45kcal (4.32%), Fat: 8.02g (12.35%), Saturated Fat: 2.37g (14.84%), Carbohydrates: 0.99g (0.33%), Net Carbohydrates: 0.89g (0.32%), Sugar: 0.09g (0.11%), Cholesterol: 10.28mg (3.43%), Sodium: 98.39mg (4.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.26%), Vitamin K: 35.14µg (33.47%), Vitamin A: 219.06IU (4.38%), Calcium: 39.85mg (3.98%), Selenium: 2.7µg (3.86%), Vitamin E: 0.58mg (3.85%), Phosphorus: 37.22mg (3.72%), Vitamin C: 2.82mg (3.41%), Vitamin B12: 0.2µg (3.28%), Zinc: 0.32mg (2.12%), Vitamin B2: 0.03mg (1.67%), Vitamin B1: 0.02mg (1.63%), Vitamin B3: 0.32mg (1.61%), Vitamin B6: 0.03mg (1.47%), Iron: 0.21mg (1.18%)