



Fig and Prosciutto Crostata

READY IN



25 min.

SERVINGS



8

CALORIES



301 kcal

Ingredients

- 4 ounces cream cheese softened (recommended: Philadelphia)
- 1 eggs
- 10 ounce fig preserves (recommended: St. Dalfour)
- 1 pre-made pie crust (recommended: Pillsbury)
- 3 ounce pancetta cut into 1/2-inch strips
- 2 teaspoons citrus herb seasoning salt-free (recommended: Spice Islands)
- 1 tablespoon water

Equipment

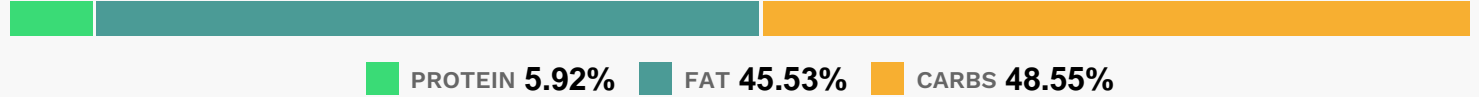
- baking sheet

- oven
- pastry brush

Directions

- Watch how to make this recipe.
- Preheat oven to 425 degrees F.
- Place the pie crust onto a baking sheet.
- Spread the cream cheese over the crust leaving a 1-inch border.
- Sprinkle with the citrus herb seasoning. Top with fig preserves. Fold border over fig spread and top with prosciutto strips.
- Lightly beat egg with 1 tablespoon of water. Use a pastry brush to brush edge of crust with egg wash.
- Bake in oven for 15 to 18 minutes or until crust is golden brown.
- Let cool 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:13.44, Inflammation Score:-2, Nutrition Score:4.9626086483831%

Nutrients (% of daily need)

Calories: 300.7kcal (15.04%), Fat: 15.24g (23.44%), Saturated Fat: 6.21g (38.78%), Carbohydrates: 36.56g (12.19%), Net Carbohydrates: 35.11g (12.77%), Sugar: 17.79g (19.77%), Cholesterol: 41.79mg (13.93%), Sodium: 221.35mg (9.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.46g (8.91%), Selenium: 7.02µg (10.03%), Vitamin K: 9.53µg (9.07%), Manganese: 0.17mg (8.69%), Vitamin B2: 0.14mg (7.99%), Iron: 1.34mg (7.42%), Vitamin B1: 0.1mg (6.74%), Phosphorus: 65.22mg (6.52%), Folate: 25.55µg (6.39%), Fiber: 1.44g (5.78%), Vitamin B3: 1.09mg (5.44%), Vitamin A: 245.17IU (4.9%), Calcium: 48.22mg (4.82%), Vitamin E: 0.59mg (3.94%), Vitamin C: 3.15mg (3.81%), Vitamin B6: 0.08mg (3.81%), Copper: 0.07mg (3.52%), Vitamin B5: 0.33mg (3.29%), Potassium: 110.78mg (3.17%), Magnesium: 11.16mg (2.79%), Zinc: 0.42mg (2.78%), Vitamin B12: 0.13µg (2.22%), Vitamin D: 0.15µg (1.02%)