



## Fig, Prosciutto, and Gorgonzola Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



218 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup balsamic vinegar
- 0.1 teaspoon pepper black freshly ground
- 12 large dark-skinned figs fresh black halved (such as Mission, Celeste, or Brown Turkey, 1 pound)
- 3 ounces gorgonzola cheese crumbled
- 2 tablespoons honey
- 2 ounces pancetta very thin cut into 1/8-inch-wide strips
- 0.3 teaspoon salt

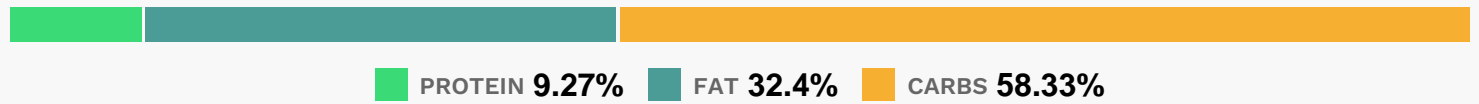
### Equipment

- frying pan
- sauce pan

## Directions

- Combine first 4 ingredients in a small saucepan; bring to a boil. Reduce heat, and simmer until reduced to 1/4 cup (about 8 minutes). Cool.
- Heat a large nonstick skillet over medium-high heat.
- Add prosciutto; saut 3 minutes or until lightly browned.
- Arrange 4 fig halves on each of 6 salad plates. Divide prosciutto evenly over servings.
- Sprinkle each serving with 2 tablespoons cheese; drizzle with 2 teaspoons balsamic reduction.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:37.05, Glycemic Load:17.04, Inflammation Score:-4, Nutrition Score:6.2839130111363%

## Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg

## Nutrients (% of daily need)

Calories: 218.01kcal (10.9%), Fat: 8.2g (12.62%), Saturated Fat: 3.98g (24.9%), Carbohydrates: 33.24g (11.08%), Net Carbohydrates: 29.5g (10.73%), Sugar: 28.8g (32%), Cholesterol: 16.87mg (5.62%), Sodium: 327.29mg (14.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.56%), Fiber: 3.74g (14.95%), Calcium: 124.6mg (12.46%), Potassium: 372.04mg (10.63%), Manganese: 0.2mg (9.79%), Vitamin B6: 0.2mg (9.76%), Phosphorus: 89.42mg (8.94%), Vitamin B2: 0.13mg (7.56%), Vitamin B1: 0.11mg (7.14%), Magnesium: 28.07mg (7.02%), Vitamin B5: 0.69mg (6.87%), Vitamin K: 6.42µg (6.12%), Selenium: 4.27µg (6.1%), Vitamin A: 293.64IU (5.87%), Copper: 0.11mg (5.3%), Vitamin B3: 1.05mg (5.23%), Zinc: 0.71mg (4.72%), Iron: 0.69mg (3.85%), Vitamin B12: 0.22µg (3.67%), Folate: 12.93µg (3.23%), Vitamin C: 2.6mg (3.15%), Vitamin E: 0.22mg (1.45%)