



Figs and Prosciutto with Mint and Shaved Parmigiano-Reggiano

 **Gluten Free**

READY IN



45 min.

SERVINGS



8

CALORIES



120 kcal

SIDE DISH

Ingredients

- 2 teaspoons olive oil extravirgin
- 8 figs fresh quartered
- 12 mint leaves thinly sliced
- 1 ounce parmigiano-reggiano cheese shaved
- 0.3 teaspoon cracked pepper black
- 4 ounces pancetta thinly sliced

Equipment

bowl

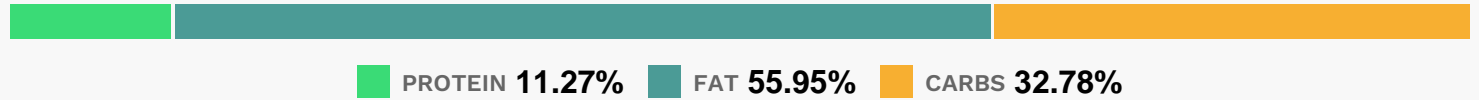
Directions

Place figs in a bowl; drizzle with oil.

Sprinkle figs with pepper; toss gently.

Place fig mixture in the center of a platter; top with cheese and mint. Top with prosciutto.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:5.01, Inflammation Score:-2, Nutrition Score:3.2813043749851%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg, Quercetin: 2.73mg

Nutrients (% of daily need)

Calories: 120.05kcal (6%), Fat: 7.71g (11.86%), Saturated Fat: 2.64g (16.49%), Carbohydrates: 10.16g (3.39%), Net Carbohydrates: 8.57g (3.12%), Sugar: 8.18g (9.09%), Cholesterol: 11.77mg (3.92%), Sodium: 151.6mg (6.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.99%), Calcium: 64.1mg (6.41%), Fiber: 1.59g (6.34%), Selenium: 3.75µg (5.36%), Phosphorus: 53.2mg (5.32%), Vitamin B6: 0.1mg (4.98%), Vitamin B1: 0.07mg (4.79%), Manganese: 0.09mg (4.59%), Potassium: 156.7mg (4.48%), Vitamin B3: 0.81mg (4.03%), Vitamin A: 167.98IU (3.36%), Magnesium: 13.07mg (3.27%), Vitamin B2: 0.05mg (3.08%), Vitamin K: 3.11µg (2.97%), Vitamin B5: 0.25mg (2.51%), Copper: 0.05mg (2.39%), Zinc: 0.36mg (2.38%), Iron: 0.36mg (2%), Vitamin B12: 0.11µg (1.89%), Vitamin E: 0.27mg (1.79%), Vitamin C: 1.48mg (1.79%), Folate: 4.97µg (1.24%)