



Fried Mozzerella with Arugula and Prosciutto



Ingredients

ш	rablespoon anchovy paste
	2 bunches arugula ()
	1 cup bread crumbs dry fine
	2 large egg whites
	1 pound mozzarella cheese fresh salted thick cut into 4 slices (without rounded ends)
	0.3 cup brine-cured olives black
	2 cups olive oil for frying
	5 ounces pancetta thinly sliced (8 to 12 slices)
	0.5 cup onion red thinly sliced

	2 tablespoons red-wine vinegar	
Н		
Ш	7 ounce roasted peppers red rinsed	
Εq	uipment	
	bowl	
	frying pan	
	paper towels	
	whisk	
Diı	rections	
	Divide arugula into 8 small bunches and loosely wrap each with 1 or 2 slices prosciutto. Divide among 4 plates with roasted peppers, olives, and onion.	
	Whisk together vinegar, anchovy, and 1/4 teaspoon each of salt and pepper.	
	Whisk in extra-virgin oil.	
	Whisk egg whites with 1/2 teaspoon salt and 1/4 teaspoon pepper in a shallow bowl. Put bread crumbs in another shallow bowl. Double-coat each slice of cheese by dipping in egg mixture, then crumbs, and repeating.	
	Transfer to a plate.	
	Heat 1/2 inch olive oil in a 12-inch heavy skillet over medium-high heat until it shimmers. Fry coated mozzarella, turning carefully once or twice, until golden and cheese starts to melt but still retains its shape, about 2 minutes total.	
	Drain briefly on paper towels, then transfer to plates.	
	Drizzle everything with vinaigrette.	
	Serve with: garlic bread with parsley	
	Nutrition Facts	
	47 0F2/	
	PROTEIN 17.95% FAT 68.57% CARBS 13.48%	
Properties		

Glycemic Index:21.5, Glycemic Load:1.45, Inflammation Score:-9, Nutrition Score:31.160435013149%

Flavonoids

Apigenin: O.1mg, Apigenin: O.1mg, Apigenin: O.1mg, Apigenin: O.1mg Luteolin: O.2mg, Isorhamnetin: 3.43mg, Isorhamnetin: 3.43mg, Isorhamnetin: 3.43mg, Isorhamnetin: 3.43mg, Isorhamnetin: O.01mg, Isorhamnetin: O.01mg, Kaempferol: 19.84mg, Kaempferol: 0.01mg, Myricetin: O.01mg, Myricetin: O.01mg, Myricetin: O.01mg, Quercetin: 8.53mg, Quercetin: 8.53mg, Quercetin: 8.53mg

Nutrients (% of daily need)

Calories: 851.33kcal (42.57%), Fat: 65.12g (100.18%), Saturated Fat: 23.33g (145.79%), Carbohydrates: 28.81g (9.6%), Net Carbohydrates: 25.38g (9.23%), Sugar: 5.03g (5.58%), Cholesterol: 116.37mg (38.79%), Sodium: 2189.2mg (95.18%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 38.37g (76.73%), Vitamin K: 79.7µg (75.9%), Calcium: 756.13mg (75.61%), Selenium: 39.75µg (56.78%), Phosphorus: 555.72mg (55.57%), Vitamin A: 2424.62IU (48.49%), Vitamin B12: 2.91µg (48.45%), Vitamin C: 33.06mg (40.08%), Vitamin B2: 0.62mg (36.18%), Zinc: 4.62mg (30.79%), Vitamin B1: 0.45mg (29.7%), Manganese: 0.58mg (29.09%), Vitamin E: 4.31mg (28.72%), Folate: 104.89µg (26.22%), Vitamin B3: 4.64mg (23.21%), Iron: 3.62mg (20.11%), Magnesium: 78.67mg (19.67%), Vitamin B6: 0.33mg (16.74%), Potassium: 575.91mg (16.45%), Fiber: 3.43g (13.7%), Copper: 0.24mg (12.15%), Vitamin B5: 0.87mg (8.66%), Vitamin D: 0.66µg (4.42%)