



Fried Mozzarella with Arugula and Prosciutto

READY IN



25 min.

SERVINGS



4

CALORIES



851 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon 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
- ☐ 7 ounce roasted peppers red rinsed

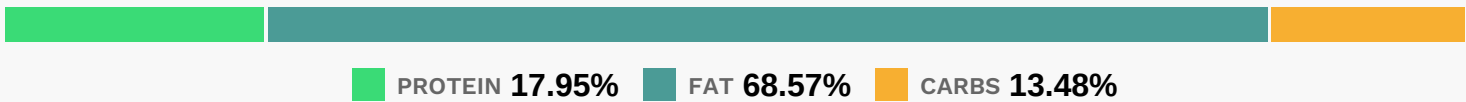
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk

Directions

- ☐ 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



Properties

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

Flavonoids

Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 3.43mg, Isorhamnetin: 3.43mg, Isorhamnetin: 3.43mg, Isorhamnetin: 3.43mg Kaempferol: 19.84mg, Kaempferol: 19.84mg, Kaempferol: 19.84mg, Kaempferol: 19.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.53mg, 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: 0g (100%), Alcohol %: 0% (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%)