



Green-Bean and Prosciutto Negimaki

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



50

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 large hardboiled eggs quartered
- 0.5 pound haricots verts trimmed
- 0.5 tablespoon juice of lemon fresh to taste
- 0.5 teaspoon lemon zest grated
- 2 tablespoons mayonnaise
- 15 slices pancetta thin (7 by 3 inches;)
- 0.3 cup spring onion minced (2 to 3)

Equipment

- bowl
- baking paper
- pot
- sieve
- plastic wrap
- spatula
- cutting board

Directions

- Cook haricots verts in a large pot of boiling salted water (3 tablespoons salt for 6 quarts water), uncovered, until just tender, 4 to 5 minutes.
- Drain, then transfer to an ice bath to stop cooking.
- Drain and pat dry.
- Force hard-boiled eggs through a medium-mesh sieve into a bowl using a rubber spatula. Stir in mayonnaise, zest, lemon juice, scallions, 1/2 teaspoon pepper, and 1/4 teaspoon salt (or to taste).
- Place a sushi mat with slats running crosswise or a 9-inch square of parchment paper on a work surface. Arrange 3 slices prosciutto perpendicular to slats and slightly overlapping to form a 9- by 7-inch rectangle.
- Spread about 1 tablespoon egg mixture evenly across bottom half of prosciutto rectangle. Arrange beans on egg side by side and end to end, overlapping ends, in 8 tight rows parallel to slats.
- Spread another tablespoon egg mixture over beans.
- Roll up prosciutto and beans tightly with aid of mat.
- Transfer roll, seam side down, to a cutting board, then trim ends and cut crosswise into about 10 (3/4-inch) pieces. Make and cut 4 more rolls. Turn pieces upright to serve.
- Prosciutto rolls can be assembled (but not cut into pieces) 1 day ahead and chilled, each roll wrapped tightly in plastic wrap.
- Cut rolls while cold, then bring to room temperature, covered with plastic wrap, before serving, about 30 minutes.

Nutrition Facts

PROTEIN 15.46% FAT 75.72% CARBS 8.82%

Properties

Glycemic Index:2.56, Glycemic Load:0.1, Inflammation Score:-1, Nutrition Score:0.87869566290275%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 20.13kcal (1.01%), Fat: 1.7g (2.62%), Saturated Fat: 0.49g (3.03%), Carbohydrates: 0.45g (0.15%), Net Carbohydrates: 0.3g (0.11%), Sugar: 0.2g (0.23%), Cholesterol: 13.01mg (4.34%), Sodium: 23.55mg (1.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.56%), Vitamin K: 4.25µg (4.05%), Selenium: 1.45µg (2.07%), Vitamin B2: 0.02mg (1.34%), Vitamin A: 54.82IU (1.1%), Phosphorus: 10.72mg (1.07%)