



Greens with Prosciutto, Gorgonzola and Pepperoncini

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 lb pancetta cut into 1/8-inch strips (8 to 10 slices)
- 4 cups the salad mixed
- 1 cup arugula
- 1 small head radicchio thinly cut into thin strips (1 cup)
- 0.3 cup red wine
- 2 oz gorgonzola crumbled
- 6 pepperoncini peppers italian drained (bottled peppers)

Equipment

- bowl
- frying pan
- paper towels

Directions

- In 10-inch nonstick skillet, cook prosciutto over medium-high heat 5 minutes, stirring occasionally. Reduce heat to medium. Cook 5 to 10 minutes longer, stirring frequently, until prosciutto becomes mostly crisp.
- Drain on paper towel.
- In large bowl, place salad greens, arugula, radicchio and vinaigrette; toss to coat.
- Sprinkle with prosciutto and cheese.
- Garnish with pepperoncini peppers.

Nutrition Facts

 PROTEIN 16.69%  **FAT 72.58%**  **CARBS 10.73%**

Properties

Glycemic Index:12.33, Glycemic Load:0.13, Inflammation Score:-6, Nutrition Score:8.6395651283471%

Flavonoids

Cyanidin: 31.77mg, Cyanidin: 31.77mg, Cyanidin: 31.77mg, Cyanidin: 31.77mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 2.19mg, Delphinidin: 2.19mg, Delphinidin: 2.19mg, Delphinidin: 2.19mg Malvidin: 1.85mg, Malvidin: 1.85mg, Malvidin: 1.85mg, Malvidin: 1.85mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg, Epicatechin: 0.51mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 9.5mg, Luteolin: 9.5mg, Luteolin: 9.5mg, Luteolin: 9.5mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 137.05kcal (6.85%), Fat: 10.36g (15.94%), Saturated Fat: 4.31g (26.91%), Carbohydrates: 3.45g (1.15%), Net Carbohydrates: 2.83g (1.03%), Sugar: 0.54g (0.6%), Cholesterol: 19.56mg (6.52%), Sodium: 248.96mg (10.82%), Alcohol: 1.41g (100%), Alcohol %: 1.68% (100%), Protein: 5.36g (10.72%), Vitamin K: 68.61µg (65.35%), Vitamin C: 16.96mg (20.55%), Vitamin A: 502.15IU (10.04%), Phosphorus: 92.19mg (9.22%), Folate: 34.54µg (8.63%), Selenium: 5.57µg (7.95%), Vitamin B6: 0.15mg (7.36%), Potassium: 237.81mg (6.79%), Calcium: 66.86mg (6.69%), Copper: 0.12mg (6.19%), Vitamin B3: 1.23mg (6.15%), Manganese: 0.11mg (5.75%), Vitamin B1: 0.08mg (5.14%), Vitamin E: 0.75mg (5.02%), Zinc: 0.74mg (4.96%), Vitamin B2: 0.08mg (4.95%), Vitamin B5: 0.41mg (4.13%), Magnesium: 15.49mg (3.87%), Vitamin B12: 0.21µg (3.5%), Iron: 0.57mg (3.18%), Fiber: 0.62g (2.47%)