



Grilled Avocado & Prosciutto Open-Faced Sandwich

 Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



276 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 servings unknown olive oil as needed
- ☐ 2 servings juice of lime as needed
- ☐ 2 slice pancetta
- ☐ 2 slice rustic bread
- ☐ 2 servings salt to taste

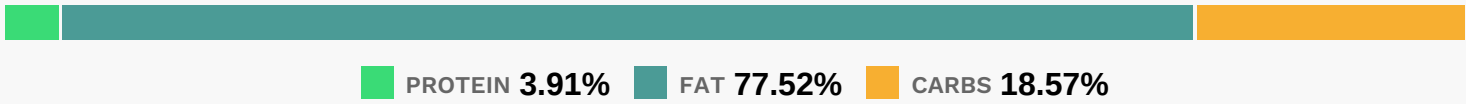
Equipment

- ☐ grill

Directions

- ☐ Prepare the grill for medium-high indirect heat.
- ☐ Brush both sides of each slice of bread with olive oil, and grill, on one side about 30 seconds; flip and repeat.
- ☐ Remove from grill and set each slice on a serving plate.Grill the whole prosciutto slices until crisp and well colored, about 2 minutes per side.
- ☐ Lay one slice on top of each piece of bread.
- ☐ Brush the avocado halves (pitted and peeled) with fresh lime juice and olive oil. Grill, cut side down, for 1 to 2 minutes, creating grill marks. Turn to create crosshatch marks, and grill for 1 to 2 minutes more. Top bread and prosciutto with the grilled avocado.
- ☐ Sprinkle with sal

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.2378261018059%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 276.22kcal (13.81%), Fat: 24.26g (37.32%), Saturated Fat: 5.94g (37.1%), Carbohydrates: 13.07g (4.36%), Net Carbohydrates: 12.25g (4.45%), Sugar: 6.69g (7.43%), Cholesterol: 5.28mg (1.76%), Sodium: 321.55mg (13.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.76g (5.51%), Vitamin E: 2.55mg (17%), Vitamin C: 9mg (10.91%), Vitamin K: 10.16µg (9.68%), Vitamin B3: 1.26mg (6.32%), Folate: 15.6µg (3.9%), Vitamin B1: 0.06mg (3.84%), Fiber: 0.82g (3.28%), Potassium: 94.38mg (2.7%), Iron: 0.48mg (2.67%), Selenium: 1.64µg (2.34%), Phosphorus: 23.12mg (2.31%), Vitamin B2: 0.03mg (1.7%), Magnesium: 6.76mg (1.69%), Vitamin B6: 0.03mg (1.63%), Zinc: 0.16mg (1.06%)