



Grilled Prosciutto Wrapped Figs Stuffed with Gorgonzola Dolce

 Gluten Free

READY IN



40 min.

SERVINGS



48

CALORIES



257 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups balsamic vinegar
- ☐ 24 mission figs black cut in half lengthwise
- ☐ 2 pounds gorgonzola dolce
- ☐ 48 servings olive oil extra-virgin
- ☐ 48 slices pancetta
- ☐ 48 servings pepper flakes red crushed

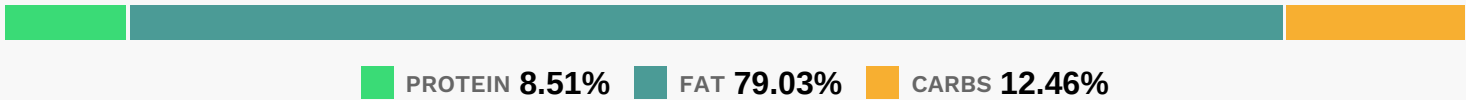
Equipment

☐ grill

Directions

- ☐ Preheat the grill to medium-high.
- ☐ Drizzle each fig half with vinegar and fill each fig center with 1 tablespoon of the cheese.
- ☐ Sprinkle a couple flakes of crushed red pepper on top of the cheese and wrap each fig with a slice of prosciutto. Paint the outside of each fig very lightly with olive oil.
- ☐ Put the figs on the grill. The idea here is that we want to grill the figs gently to cook the fig all the way through but to still get the char on the outside. Grill the figs on all sides so the prosciutto is starting to become crispy and the fig feels soft when squeezed, 5 to 6 minutes.
- ☐ Drizzle a couple of drops of balsamic on each and serve. It's figgy delicious!

Nutrition Facts



Properties

Glycemic Index:2.88, Glycemic Load:3.51, Inflammation Score:-5, Nutrition Score:5.9543478255687%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 257.33kcal (12.87%), Fat: 22.96g (35.32%), Saturated Fat: 6.59g (41.21%), Carbohydrates: 8.15g (2.72%), Net Carbohydrates: 6.73g (2.45%), Sugar: 5.9g (6.56%), Cholesterol: 19.45mg (6.48%), Sodium: 306.08mg (13.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.56g (11.13%), Vitamin E: 2.89mg (19.25%), Vitamin A: 775.66IU (15.51%), Calcium: 118.55mg (11.85%), Vitamin K: 12.17µg (11.59%), Phosphorus: 96.18mg (9.62%), Selenium: 4.81µg (6.87%), Vitamin B2: 0.11mg (6.47%), Vitamin B6: 0.12mg (6.14%), Fiber: 1.42g (5.68%), Potassium: 173.26mg (4.95%), Zinc: 0.73mg (4.86%), Vitamin B5: 0.46mg (4.64%), Vitamin B12: 0.27µg (4.51%), Vitamin B3: 0.85mg (4.23%), Manganese: 0.08mg (4.12%), Iron: 0.68mg (3.8%), Magnesium: 13.81mg (3.45%), Vitamin B1: 0.05mg (3.17%), Copper: 0.05mg (2.56%), Folate: 8.86µg (2.22%)