



Grilling: Charred Onion Salad with Prosciutto and Parmigiano

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 4 servings pepper black freshly ground
- ☐ 2 slices bread
- ☐ 2 cloves garlic cut in half
- ☐ 4 servings kosher salt
- ☐ 4 servings olive oil
- ☐ 8 parmesan to taste
- ☐ 0.5 cup parsley fresh italian chopped

- ☐ 4 pieces pancetta cut into strips
- ☐ 4 large onion sweet
- ☐ 4 servings hickory wood chunks for 30 minutes

Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Light one chimney full of charcoal. When all the charcoal is lit and covered with gray ash, pour out and spread coals out evenly over the charcoal grate.
- ☐ While the charcoal is lighting, slice each onion into rings 1 inch thick, discarding the end pieces and papery outer ring from each onion. Spear them straight through the center with wooden skewers, they will look like lollipops.
- ☐ Brush each onion ring with olive oil and season with salt.
- ☐ Brush the bread slices lightly with olive oil and sprinkle with salt. Grill each slice of bread until browned on each side, 1-2 minutes per side.
- ☐ Remove bread from the grill and rub both sides with the cut pieces of garlic.
- ☐ Place the skewered onion rings on the grill and cook until charred and tender, about 10 minutes per side.
- ☐ Remove from the grill and allow to cool for 5 minutes.
- ☐ Remove onion rings from skewers and place the rings in a medium bowl. Toss the onions with 2 tablespoons of olive oil and the balsamic vinegar, season with salt and pepper to taste.
- ☐ Cut bread into 1 inch cubes and toss in with the onions.
- ☐ To build the salad, place a serving of the onion rings and bread on each plate, top with chopped parsley, prosciutto slices, and parmesan curls, then season with freshly ground black pepper and serve.

Nutrition Facts



 PROTEIN **7.18%**  FAT **47.42%**  CARBS **45.4%**

Properties

Glycemic Index:57.42, Glycemic Load:4.5, Inflammation Score:-9, Nutrition Score:15.995652211749%

Flavonoids

Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 3.89mg, Kaempferol: 3.89mg, Kaempferol: 3.89mg, Kaempferol: 3.89mg Myricetin: 4.91mg, Myricetin: 4.91mg, Myricetin: 4.91mg, Myricetin: 4.91mg Quercetin: 48.11mg, Quercetin: 48.11mg, Quercetin: 48.11mg, Quercetin: 48.11mg

Nutrients (% of daily need)

Calories: 293.62kcal (14.68%), Fat: 15.92g (24.49%), Saturated Fat: 2.5g (15.65%), Carbohydrates: 34.3g (11.43%), Net Carbohydrates: 30.45g (11.07%), Sugar: 18.71g (20.79%), Cholesterol: 2.02mg (0.67%), Sodium: 331.74mg (14.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.85%), Vitamin K: 133.33µg (126.98%), Vitamin C: 26.39mg (31.99%), Folate: 99.63µg (24.91%), Manganese: 0.48mg (24.09%), Vitamin B6: 0.48mg (23.8%), Fiber: 3.84g (15.37%), Vitamin E: 2.18mg (14.51%), Vitamin B1: 0.21mg (13.76%), Potassium: 475.48mg (13.59%), Phosphorus: 132.17mg (13.22%), Vitamin A: 652.06IU (13.04%), Calcium: 124.66mg (12.47%), Copper: 0.23mg (11.42%), Iron: 2.03mg (11.27%), Magnesium: 42.2mg (10.55%), Selenium: 6.56µg (9.38%), Vitamin B2: 0.12mg (7.07%), Vitamin B3: 1.39mg (6.93%), Zinc: 0.75mg (5.02%), Vitamin B5: 0.49mg (4.94%)