



## 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

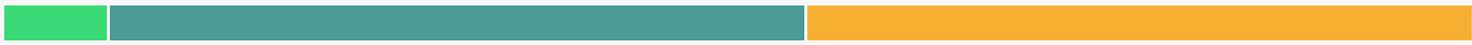
## Equipment

- 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%)