



Grissini with Prosciutto

READY IN



45 min.

SERVINGS



12

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 60 large arugula (2 large bunches)
- ☐ 12 servings butter room temperature
- ☐ 120 inch breadsticks thin
- ☐ 0.3 cup parmesan cheese freshly grated
- ☐ 12 slices pancetta thin

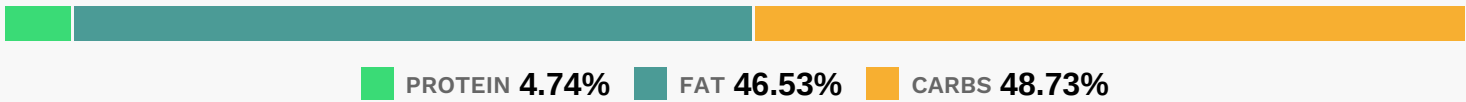
Equipment

- ☐ plastic wrap

Directions

- ☐ Spread some butter over 4 inches of 1 end of each breadstick.
- ☐ Spread Parmesan cheese on plate.
- ☐ Roll buttered end of each breadstick in cheese to coat lightly.
- ☐ Place 1 slice prosciutto on work surface; arrange 3 arugula leaves atop prosciutto, then place cheese-covered end of breadstick atop arugula and roll up prosciutto around breadstick, enclosing arugula. Repeat procedure with remaining breadsticks. (Can be prepared 2 hours ahead.
- ☐ Place breadsticks in tall glass, prosciutto ends up. Cover with plastic wrap and chill.) Tuck 2 arugula leaves into prosciutto end of each breadstick and serve.

Nutrition Facts



Properties

Glycemic Index:6.83, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:3.0204347657121%

Flavonoids

Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 172.56kcal (8.63%), Fat: 9.29g (14.3%), Saturated Fat: 4.48g (28%), Carbohydrates: 21.9g (7.3%), Net Carbohydrates: 20.11g (7.31%), Sugar: 1.02g (1.14%), Cholesterol: 18.45mg (6.15%), Sodium: 347.5mg (15.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Vitamin K: 11.3µg (10.76%), Iron: 1.72mg (9.53%), Vitamin A: 389.24IU (7.78%), Fiber: 1.79g (7.14%), Calcium: 42.16mg (4.22%), Selenium: 2.66µg (3.8%), Phosphorus: 35.53mg (3.55%), Folate: 10.02µg (2.5%), Vitamin B1: 0.03mg (1.83%), Vitamin C: 1.5mg (1.82%), Vitamin B3: 0.36mg (1.78%), Manganese: 0.04mg (1.77%), Zinc: 0.27mg (1.77%), Potassium: 59.05mg (1.69%), Magnesium: 6.73mg (1.68%), Vitamin B2: 0.03mg (1.55%), Vitamin B6: 0.03mg (1.55%), Vitamin B12: 0.09µg (1.43%), Vitamin E: 0.21mg (1.38%), Vitamin B5: 0.1mg (1.03%)