



Ham, Manchego, and Fig Tartines

READY IN



10 min.

SERVINGS



8

CALORIES



258 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

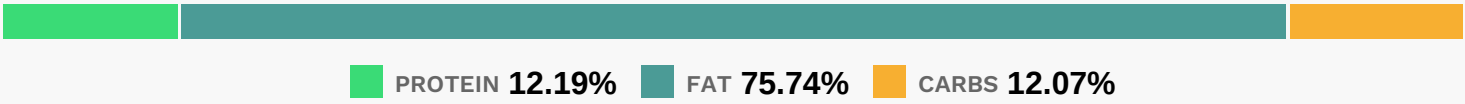
- ☐ 24 inch baguette lightly toasted halved quartered
- ☐ 2 tablespoons fig preserves
- ☐ 0.3 pound manchego with a vegetable peeler thinly sliced
- ☐ 8 servings olive oil extra-virgin for drizzling
- ☐ 6 ounces serrano ham thinly sliced
- ☐ 0.5 stick butter unsalted softened

Equipment

Directions

- ☐ Stir together butter and fig preserves.
- ☐ Spread mixture on baguette, then make open-face sandwiches with ham and cheese.
- ☐ Drizzle with oil and season with pepper.

Nutrition Facts



Properties

Glycemic Index:21.47, Glycemic Load:4.42, Inflammation Score:-5, Nutrition Score:3.4652174199405%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 258.44kcal (12.92%), Fat: 22.29g (34.29%), Saturated Fat: 6g (37.49%), Carbohydrates: 7.99g (2.66%), Net Carbohydrates: 7.22g (2.63%), Sugar: 2.06g (2.29%), Cholesterol: 26.58mg (8.86%), Sodium: 473.52mg (20.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.07g (16.14%), Vitamin A: 896.29IU (17.93%), Vitamin E: 2.21mg (14.71%), Vitamin K: 9.15µg (8.72%), Vitamin B1: 0.06mg (4.17%), Iron: 0.75mg (4.16%), Manganese: 0.07mg (3.58%), Folate: 12.86µg (3.22%), Fiber: 0.77g (3.06%), Vitamin B3: 0.53mg (2.64%), Vitamin B2: 0.04mg (2.45%), Vitamin C: 1.78mg (2.16%), Selenium: 1.51µg (2.15%), Phosphorus: 17.96mg (1.8%), Magnesium: 5.66mg (1.42%), Calcium: 14.08mg (1.41%), Copper: 0.03mg (1.35%), Potassium: 44.03mg (1.26%), Vitamin B6: 0.02mg (1.12%)