



Individual Prosciutto-and-Spinach Pies

 Gluten Free

READY IN



34 min.

SERVINGS



12

CALORIES



151 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 10 eggs lightly beaten
- ☐ 0.5 pound pancetta halved thin
- ☐ 0.1 teaspoon sea salt fine
- ☐ 0.5 cup sharp cheddar cheese grated
- ☐ 1 cup pkt spinach loosely packed trimmed roughly chopped

Equipment

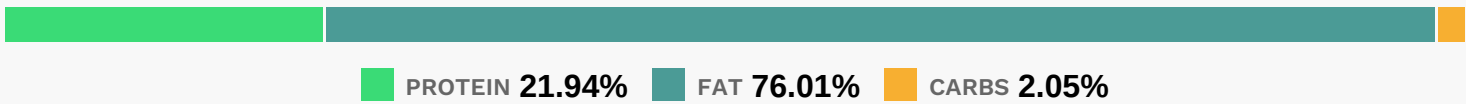
- ☐ frying pan

- ☐ oven
- ☐ knife
- ☐ ramekin
- ☐ spatula
- ☐ muffin liners
- ☐ muffin tray

Directions

- ☐ Preheat oven to 35
- ☐ Lightly grease a 12-cup muffin pan or 12 ramekins.
- ☐ Place prosciutto slices into bottoms and up sides of cups, overlapping in a crisscross pattern.
- ☐ Combine eggs, salt, and pepper. Divide spinach and cheese among muffin cups.
- ☐ Pour egg mixture evenly into muffin cups.
- ☐ Bake pies 14 to 16 minutes or until just set.
- ☐ Let stand about 5 minutes. Loosen pies by running a knife around the edges of each cup, and then lift out of pan with a small spatula.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.58, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:6.14173919999908%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 151.24kcal (7.56%), Fat: 12.6g (19.39%), Saturated Fat: 4.57g (28.55%), Carbohydrates: 0.76g (0.25%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.16g (0.18%), Cholesterol: 153.58mg (51.19%), Sodium: 234.19mg (10.18%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.18g (16.36%), Selenium: 16.42µg (23.45%), Vitamin B2: 0.21mg (12.27%), Phosphorus: 122.74mg (12.27%), Vitamin K: 12.43µg (11.84%), Vitamin A: 487.05IU (9.74%), Vitamin B12: 0.47µg (7.85%), Vitamin B5: 0.69mg (6.89%), Vitamin B6: 0.12mg (6.05%), Zinc: 0.88mg (5.89%), Folate: 23.09µg (5.77%), Calcium: 57.63mg (5.76%), Vitamin D: 0.84µg (5.58%), Vitamin B1: 0.07mg (4.68%), Iron: 0.8mg (4.46%), Vitamin B3: 0.81mg (4.05%), Vitamin E: 0.55mg (3.69%), Potassium: 106.71mg (3.05%), Magnesium: 10.06mg (2.51%), Manganese: 0.05mg (2.3%), Copper: 0.04mg (2.01%)