



Margherita® Prosciutto with Crispy Tomatoes on Ciabatta

READY IN



20 min.

SERVINGS



1

CALORIES



1267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 ounces baby arugula fresh
- 1 tuscan ciabatta roll sliced in half
- 3 cloves garlic mashed
- 3 teaspoons juice of lemon fresh
- 1 tablespoon olive oil
- 1 teaspoon oregano fresh chopped
- 0.5 cup parmesan cheese grated
- 0.5 cup polenta yellow dry

- 0.3 pound pancetta sliced margherita®
- 1 in-season yellow/red heirloom tomato sliced

Equipment

- frying pan
- whisk
- mixing bowl

Directions

- To make the garlic aioli, combine the mashed garlic, oregano, lemon juice, mayonnaise, and olive oil. Stir until well mixed, or beat with a small whisk. Season to taste with salt and pepper.
- In small or medium mixing bowl, combine grated Parmesan cheese and polenta, then distribute evenly on separate plate.
- Place sliced tomatoes in the polenta-parmesan mixture, covering both sides to coat.
- Heat small or medium frying pan to low heat, add a dash olive oil to pan, then add tomatoes. Fry for 1-2 minutes on each side until light brown and crispy, then remove from heat.
- Toast the sliced ciabatta roll in the frying pan until edges become crispy, about 1 minute, then remove from heat.
- Spread 2 tablespoons garlic aioli to the bottom slice of ciabatta bread.
- Add baby arugula then polenta-parmesan crusted tomatoes.
- Top with sliced Margherita® Prosciutto, close with top half of bread and serve.

Nutrition Facts



PROTEIN 13.64% **FAT 53.27%** **CARBS 33.09%**

Properties

Glycemic Index:67, Glycemic Load:1.24, Inflammation Score:-10, Nutrition Score:29.48086956273%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg,

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg, Isorhamnetin: 2.44mg Kaempferol: 19.81mg, Kaempferol: 19.81mg, Kaempferol: 19.81mg, Kaempferol: 19.81mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 1266.65kcal (63.33%), Fat: 74.9g (115.23%), Saturated Fat: 25.2g (157.5%), Carbohydrates: 104.69g (34.9%), Net Carbohydrates: 100.8g (36.66%), Sugar: 2.26g (2.51%), Cholesterol: 118.34mg (39.45%), Sodium: 1918.89mg (83.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.14g (86.29%), Vitamin K: 83.91µg (79.91%), Selenium: 55.37µg (79.09%), Calcium: 589.36mg (58.94%), Phosphorus: 586.1mg (58.61%), Vitamin A: 2025.79IU (40.52%), Vitamin B1: 0.48mg (32.02%), Vitamin B6: 0.64mg (32.02%), Vitamin B3: 5.91mg (29.54%), Manganese: 0.57mg (28.73%), Zinc: 4.26mg (28.43%), Vitamin E: 3.4mg (22.65%), Magnesium: 87.89mg (21.97%), Vitamin B2: 0.37mg (21.65%), Vitamin C: 17.25mg (20.91%), Vitamin B12: 1.24µg (20.7%), Potassium: 714.12mg (20.4%), Iron: 3.3mg (18.32%), Folate: 70.28µg (17.57%), Fiber: 3.89g (15.54%), Vitamin B5: 1.52mg (15.18%), Copper: 0.21mg (10.67%), Vitamin D: 0.7µg (4.69%)