



Mozzarella and Prosciutto Bites with Pesto

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



841 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup garlic aioli store-bought
- ☐ 1 small bunch basil
- ☐ 0.8 cup basil pesto
- ☐ 0.5 pound baby mozzarella balls
- ☐ 2 ounces pancetta
- ☐ 1.5 pounds savory vegetable
- ☐ 1 pound genoa salami sliced
- ☐ 1 pound shrimp cooked

☐ 0.3 cup sun-dried olives

Equipment

☐ toothpicks

☐ skewers

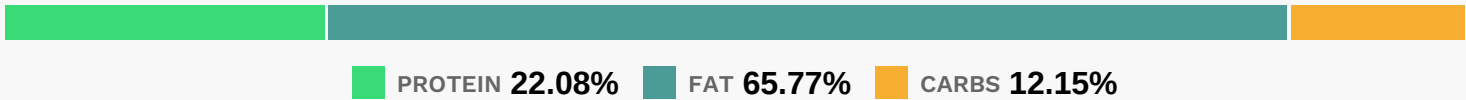
Directions

☐ Fab it up: Wrap mozzarella with strips of prosciutto; spear with toothpick along with 1/2 of a sun-dried tomato plus 1 basil leaf.

☐ Serve with pesto for dipping.

☐ Fab it up: Arrange the salami on a platter and slice and skewer vegetables. Grind some black pepper over aioli; serve with shrimp.

Nutrition Facts



Properties

Glycemic Index:28.83, Glycemic Load:5.77, Inflammation Score:-10, Nutrition Score:25.981304255517%

Nutrients (% of daily need)

Calories: 841.19kcal (42.06%), Fat: 61.12g (94.03%), Saturated Fat: 16.99g (106.18%), Carbohydrates: 25.4g (8.47%), Net Carbohydrates: 19.78g (7.19%), Sugar: 2.72g (3.02%), Cholesterol: 213.09mg (71.03%), Sodium: 2497.33mg (108.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.18g (92.35%), Vitamin A: 6497.2IU (129.94%), Vitamin B1: 0.89mg (59.48%), Phosphorus: 432.48mg (43.25%), Vitamin B12: 2.16µg (36.07%), Zinc: 4.91mg (32.75%), Vitamin B3: 6.46mg (32.3%), Selenium: 21.81µg (31.16%), Copper: 0.6mg (29.81%), Vitamin B6: 0.57mg (28.35%), Calcium: 279.33mg (27.93%), Potassium: 905.6mg (25.87%), Manganese: 0.46mg (22.78%), Fiber: 5.62g (22.47%), Vitamin B2: 0.38mg (22.17%), Magnesium: 81.19mg (20.3%), Iron: 3.13mg (17.39%), Vitamin C: 13.83mg (16.76%), Vitamin B5: 1.14mg (11.37%), Folate: 38.42µg (9.61%), Vitamin K: 7.5µg (7.15%)