



Open-Face Prosciutto, Fresh Ricotta, and Red-Onion Marmalade Sandwiches

READY IN



45 min.

SERVINGS



2

CALORIES



392 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 tablespoon brown sugar
- ☐ 2 top
- ☐ 0.5 cup ricotta cheese fresh
- ☐ 2 servings thyme sprigs fresh
- ☐ 2 tablespoons olive oil
- ☐ 4 slices pancetta thin
- ☐ 2 cups onion red thinly sliced

- ☐ 1 pinch pepper red crushed
- ☐ 2 servings salt

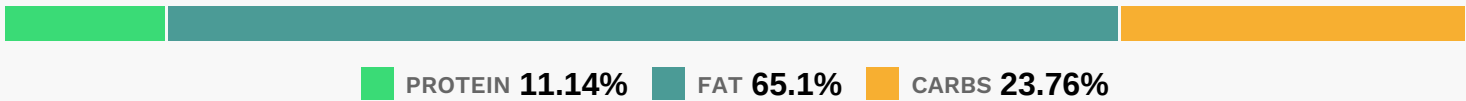
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 425 degrees. Meanwhile, pour 1 tablespoon of the oil into a large nonstick skillet. Turn the heat to medium-high. Toss in the onions and the brown sugar. Stir constantly, and cook for about 15 minutes, or until the onions are nicely browned and caramelized.
- ☐ Pour in the vinegar, and add the crushed red pepper. Cook for 1 minute, or until very thick. Season with salt.
- ☐ Brush the bread with the rest of the olive oil.
- ☐ Place on a baking sheet in the oven and cook for about 8 minutes, or until lightly browned.
- ☐ Place two slices of prosciutto on each slice. Then top each with 1/4 cup of ricotta and a spoonful of the marmalade.
- ☐ Sprinkle with chopped thyme and salt to taste.

Nutrition Facts



Properties

Glycemic Index:114.75, Glycemic Load:5.62, Inflammation Score:-9, Nutrition Score:9.599565319393%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg, Isorhamnetin: 8.02mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 32.48mg, Quercetin: 32.48mg, Quercetin: 32.48mg, Quercetin: 32.48mg

Nutrients (% of daily need)

Calories: 391.71kcal (19.59%), Fat: 28.61g (44.01%), Saturated Fat: 9.28g (58%), Carbohydrates: 23.49g (7.83%), Net Carbohydrates: 20.59g (7.49%), Sugar: 12.3g (13.67%), Cholesterol: 42.18mg (14.06%), Sodium: 369.92mg (16.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.01g (22.03%), Selenium: 13.34µg (19.06%), Calcium: 177.74mg (17.77%), Phosphorus: 172.82mg (17.28%), Vitamin C: 13.44mg (16.29%), Vitamin E: 2.21mg (14.71%), Vitamin B6: 0.27mg (13.4%), Manganese: 0.26mg (12.93%), Fiber: 2.9g (11.6%), Vitamin B2: 0.19mg (10.97%), Potassium: 360.7mg (10.31%), Folate: 39.56µg (9.89%), Vitamin K: 9.81µg (9.34%), Vitamin B1: 0.13mg (8.9%), Zinc: 1.22mg (8.17%), Magnesium: 28.93mg (7.23%), Vitamin A: 347.36IU (6.95%), Iron: 1.08mg (5.98%), Vitamin B3: 0.97mg (4.85%), Vitamin B12: 0.29µg (4.85%), Copper: 0.1mg (4.77%), Vitamin B5: 0.43mg (4.29%), Vitamin D: 0.19µg (1.25%)