



Open-Faced Prosciutto and Plum Sandwiches

READY IN



7 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup arugula loosely packed
- ☐ 0.3 cup fig preserves
- ☐ 0.3 teaspoon ginger fresh grated peeled
- ☐ 3 ounces goat cheese soft
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 plums ripe cut into thin wedges
- ☐ 3 ounces pancetta very thin
- ☐ 8 ounce country wheat bread toasted

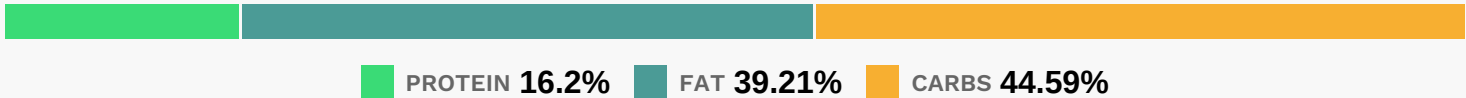
Equipment

☐ whisk

Directions

- ☐ Combine first 3 ingredients, stirring with a whisk; set aside.
- ☐ Spread 3/4 ounce cheese evenly over each bread slice; divide arugula, plum wedges, and prosciutto evenly over sandwiches.
- ☐ Drizzle each sandwich with about 1 tablespoon fig preserves mixture.

Nutrition Facts



Properties

Glycemic Index:52.59, Glycemic Load:21.19, Inflammation Score:-5, Nutrition Score:13.920000102209%

Flavonoids

Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg, Cyanidin: 1.86mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg, Kaempferol: 1.74mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 345.09kcal (17.25%), Fat: 15.08g (23.2%), Saturated Fat: 6.35g (39.71%), Carbohydrates: 38.58g (12.86%), Net Carbohydrates: 34.47g (12.53%), Sugar: 12.95g (14.39%), Cholesterol: 23.81mg (7.94%), Sodium: 480.03mg (20.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.02g (28.04%), Manganese: 1.27mg (63.68%), Selenium: 19.8µg (28.28%), Phosphorus: 216.13mg (21.61%), Vitamin B1: 0.31mg (20.66%), Vitamin B3: 3.62mg (18.1%), Copper: 0.33mg (16.51%), Fiber: 4.11g (16.45%), Magnesium: 55.11mg (13.78%), Calcium: 136.27mg (13.63%),

Vitamin B2: 0.22mg (12.72%), Vitamin B6: 0.25mg (12.51%), Iron: 2.14mg (11.91%), Vitamin K: 12.37µg (11.78%), Zinc: 1.51mg (10.08%), Vitamin A: 461.93IU (9.24%), Folate: 35.17µg (8.79%), Vitamin C: 6.57mg (7.97%), Potassium: 274.8mg (7.85%), Vitamin B5: 0.73mg (7.26%), Vitamin E: 0.57mg (3.77%), Vitamin B12: 0.15µg (2.45%), Vitamin D: 0.17µg (1.13%)