



Pan-fried mozzarella parcels

READY IN



15 min.

SERVINGS



4

CALORIES



916 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 600 g mozzarella cheese drained
- ☐ 12 slices speck bacon
- ☐ 2 tbsp olive oil
- ☐ 0.5 fris e lettuce washed and torn
- ☐ 2 avocados ripe
- ☐ 1 tbsp balsamic vinegar
- ☐ 4 servings plum chutney
- ☐ 4 servings flour

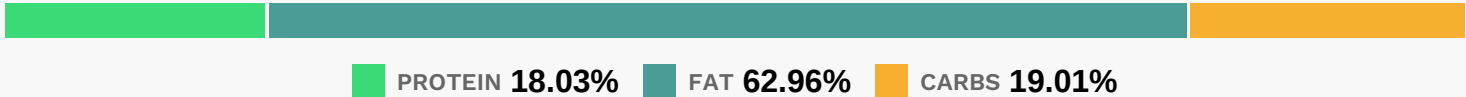
Equipment

☐ frying pan

Directions

- ☐ Cut the mozzarella into thirds and wrap each piece in a slice of speck or prosciutto.
- ☐ Heat the oil in a non-stick pan until very hot. Season the mozzarella and fry for a few minutes on each side until the speck or prosciutto is brown and crisp and the mozzarella is starting to ooze. Tip from James: the tip is to cook the mozzarella quickly so it doesn't toughen.
- ☐ While the mozzarella is cooking, arrange small piles of lettuce on four plates. Peel, stone and slice the avocados, adding a few slices to each plate.
- ☐ Remove the mozzarella parcels from the pan and put 3 on each plate.
- ☐ Pour the balsamic vinegar into the pan and stir to combine with the cooking juices.
- ☐ Drizzle the warm dressing over the leaves and parcels.
- ☐ Serve with plum chutney and slices of ciabatta or focaccia.

Nutrition Facts



Properties

Glycemic Index:38.92, Glycemic Load:7.8, Inflammation Score:-10, Nutrition Score:35.437825928564%

Flavonoids

Cyanidin: 8.83mg, Cyanidin: 8.83mg, Cyanidin: 8.83mg, Cyanidin: 8.83mg Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg, Peonidin: 0.47mg Catechin: 4.36mg, Catechin: 4.36mg, Catechin: 4.36mg, Catechin: 4.36mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 5.2mg, Epicatechin: 5.2mg, Epicatechin: 5.2mg, Epicatechin: 5.2mg Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg, Epicatechin 3-gallate: 1.15mg Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg, Epigallocatechin 3-gallate: 0.75mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg, Quercetin: 3.19mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 916.36kcal (45.82%), Fat: 65.53g (100.81%), Saturated Fat: 26.18g (163.65%), Carbohydrates: 44.52g (14.84%), Net Carbohydrates: 34.23g (12.45%), Sugar: 17.98g (19.98%), Cholesterol: 134.34mg (44.78%), Sodium: 1257.39mg (54.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.23g (84.46%), Vitamin K: 122.5µg (116.67%), Calcium: 809.22mg (80.92%), Vitamin A: 3305.61IU (66.11%), Phosphorus: 656.02mg (65.6%), Vitamin B12: 3.54µg (59%), Selenium: 30.81µg (44.02%), Fiber: 10.29g (41.14%), Vitamin C: 31.17mg (37.79%), Vitamin B2: 0.64mg (37.77%), Zinc: 5.58mg (37.19%), Folate: 130.53µg (32.63%), Vitamin E: 4.51mg (30.05%), Potassium: 1009.22mg (28.83%), Vitamin B5: 2.27mg (22.72%), Vitamin B6: 0.45mg (22.55%), Magnesium: 81.55mg (20.39%), Manganese: 0.4mg (19.77%), Copper: 0.39mg (19.4%), Vitamin B3: 3.64mg (18.2%), Vitamin B1: 0.24mg (15.85%), Iron: 1.89mg (10.5%), Vitamin D: 0.7µg (4.64%)