



Pancetta Crisps with Goat Cheese and Pear

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



83 kcal

Ingredients

- ☐ 16 servings thyme leaves fresh
- ☐ 16 teaspoons goat cheese fresh soft (from 5-ounce log)
- ☐ 16 slices pancetta thin
- ☐ 2 small pears cored very ripe halved cut into 1/4-inch-thick slices

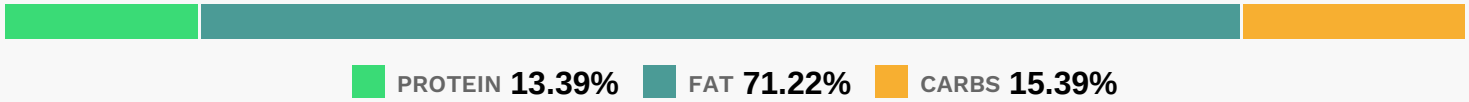
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ spatula

Directions

- ☐ Preheat oven to 450°F.
- ☐ Place pancetta slices in single layer on large rimmed baking sheet.
- ☐ Sprinkle with pepper.
- ☐ Bake until golden, about 10 minutes. Using spatula, slide pancetta crisps onto platter. Top each with 1 teaspoon goat cheese and 1 pear slice.
- ☐ Sprinkle with thyme and serve.

Nutrition Facts



Properties

Glycemic Index:5.11, Glycemic Load:0.87, Inflammation Score:-7, Nutrition Score:1.9608695740285%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 83.14kcal (4.16%), Fat: 6.65g (10.24%), Saturated Fat: 2.6g (16.24%), Carbohydrates: 3.24g (1.08%), Net Carbohydrates: 2.52g (0.92%), Sugar: 1.85g (2.05%), Cholesterol: 11.54mg (3.85%), Sodium: 111.36mg (4.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.63%), Selenium: 2.97µg (4.25%), Phosphorus: 36.24mg (3.62%), Vitamin B3: 0.63mg (3.16%), Copper: 0.06mg (3.16%), Vitamin B1: 0.04mg (2.99%), Vitamin B6: 0.06mg (2.93%), Vitamin C: 2.4mg (2.9%), Fiber: 0.71g (2.85%), Vitamin B2: 0.04mg (2.34%), Vitamin A: 108.96IU (2.18%), Iron: 0.36mg (2%), Zinc: 0.25mg (1.65%), Manganese: 0.03mg (1.63%), Potassium: 56.57mg (1.62%), Calcium: 13.41mg (1.34%), Magnesium: 5.38mg (1.34%), Vitamin B12: 0.08µg (1.32%), Vitamin B5: 0.12mg (1.25%)