



Parmesan Crisps with Pancetta and Roma Tomato Salsa

 Gluten Free

READY IN



12 min.

SERVINGS



4

CALORIES



297 kcal

Ingredients

- 2 tablespoons julienne basil leaves fresh
- 2 tablespoons olive oil extra-virgin
- 0.5 cup pancetta chopped
- 1 teaspoon paprika
- 1 cup parmigiano-reggiano grated
- 1 teaspoon freshly pepper black plus more for seasoning
- 1 cup roma tomatoes diced
- 4 servings salt

Equipment

- bowl
- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 350 degrees F.
- In a large bowl combine Parmesan, paprika, and freshly ground black pepper.
- On a parchment lined cookie sheet, add the Parmesan mixture in 2 tablespoon dots, 2 inches apart.
- Place in preheated oven and cook until cheese melts.
- Remove from oven and when cheese is cool enough to handle but still moldable, remove and form into small taco type shells
- In a small saute pan cook pancetta until crispy, remove and let cool. When cool, crumble with your hands.
- In a small bowl add tomatoes, basil, salt, freshly ground black pepper, olive oil, and toss gently to combine.
- Add tomato mixture to Parmesan crisps and top with pancetta.

Nutrition Facts

 **PROTEIN 17.89%**  **FAT 76.61%**  **CARBS 5.5%**

Properties

Glycemic Index:45.5, Glycemic Load:0.91, Inflammation Score:-6, Nutrition Score:9.2708696023278%

Flavonoids

Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 296.74kcal (14.84%), Fat: 25.4g (39.08%), Saturated Fat: 9.04g (56.47%), Carbohydrates: 4.1g (1.37%), Net Carbohydrates: 3.07g (1.12%), Sugar: 1.81g (2.01%), Cholesterol: 36.52mg (12.17%), Sodium: 793.64mg (34.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.34g (26.69%), Calcium: 308.71mg (30.87%), Phosphorus: 233.2mg (23.32%), Vitamin A: 1000.64IU (20.01%), Selenium: 11.63µg (16.61%), Vitamin K: 14.68µg (13.98%), Vitamin E: 1.67mg (11.12%), Vitamin C: 8.29mg (10.05%), Vitamin B3: 1.67mg (8.37%), Vitamin B6: 0.16mg (8.12%), Manganese: 0.16mg (7.97%), Zinc: 1.17mg (7.82%), Vitamin B1: 0.12mg (7.72%), Vitamin B12: 0.45µg (7.46%), Vitamin B2: 0.13mg (7.41%), Potassium: 242.84mg (6.94%), Magnesium: 23.44mg (5.86%), Fiber: 1.03g (4.11%), Iron: 0.71mg (3.96%), Vitamin B5: 0.35mg (3.52%), Copper: 0.07mg (3.48%), Folate: 11.63µg (2.91%), Vitamin D: 0.24µg (1.62%)