



Peach, Prosciutto & Ricotta Crostini

READY IN



45 min.

SERVINGS



12

CALORIES



104 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 12 servings pepper black freshly ground
- ☐ 12 slices ciabatta bread
- ☐ 1 tablespoon ricotta cheese fresh (preferably sheep's milk)
- ☐ 12 servings honey
- ☐ 1 peaches ripe
- ☐ 4 slices pancetta thin

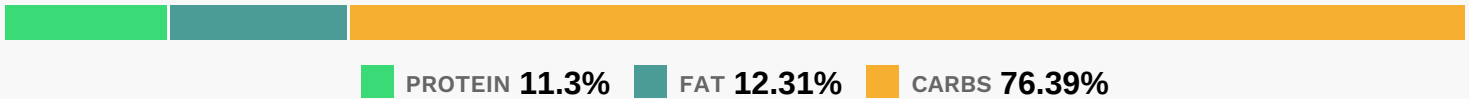
Equipment

- ☐ grill

Directions

- ☐ Grill bread slices.
- ☐ Halve, pit, and thinly slice peach.
- ☐ Spoon about 1 tablespoon ricotta onto each toast and sprinkle with ground pepper. Tear prosciutto into feathery pieces and drape a few slices over ricotta on each.
- ☐ Drizzle each with honey and top with 2 peach slices.

Nutrition Facts



Properties

Glycemic Index:12.63, Glycemic Load:3.46, Inflammation Score:-1, Nutrition Score:0.71304348370303%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg, Epicatechin: 0.29mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 104.2kcal (5.21%), Fat: 1.45g (2.24%), Saturated Fat: 0.57g (3.59%), Carbohydrates: 20.3g (6.77%), Net Carbohydrates: 19.76g (7.19%), Sugar: 6.8g (7.56%), Cholesterol: 2.4mg (0.8%), Sodium: 157.83mg (6.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3g (6%), Fiber: 0.53g (2.14%), Selenium: 1.04µg (1.49%), Manganese: 0.03mg (1.32%), Vitamin B3: 0.22mg (1.09%)