



Peaches with Serrano Ham and Basil

 Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



24

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

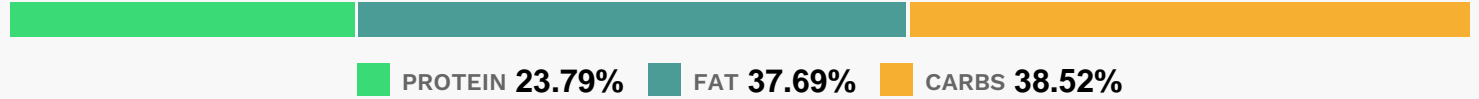
- 24 small basil
- 0.1 teaspoon ground cumin
- 0.3 pound ham thinly sliced
- 3 peaches cut into 8 wedges
- 0.5 teaspoon sherry vinegar
- 0.3 teaspoon sugar

Equipment

Directions

- Toss together peaches, sugar, vinegar, and cumin and let stand 10 minutes.
- Cut ham slices in half lengthwise, then wrap each piece around a wedge of peach. Top with a basil leaf and secure with a wooden or metal pick.

Nutrition Facts



Properties

Glycemic Index:7.72, Glycemic Load:0.68, Inflammation Score:-1, Nutrition Score:1.0378260780936%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 19.67kcal (0.98%), Fat: 0.85g (1.3%), Saturated Fat: 0.29g (1.79%), Carbohydrates: 1.95g (0.65%), Net Carbohydrates: 1.66g (0.6%), Sugar: 1.62g (1.8%), Cholesterol: 2.93mg (0.98%), Sodium: 58.56mg (2.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.2g (2.41%), Vitamin B1: 0.03mg (2.21%), Vitamin K: 2.22µg (2.12%), Selenium: 1.47µg (2.1%), Vitamin B3: 0.37mg (1.83%), Vitamin A: 82.36IU (1.65%), Phosphorus: 14.52mg (1.45%), Vitamin B6: 0.02mg (1.17%), Fiber: 0.29g (1.15%), Potassium: 37.8mg (1.08%), Vitamin E: 0.16mg (1.05%), Zinc: 0.16mg (1.04%), Vitamin C: 0.84mg (1.02%), Copper: 0.02mg (1.01%)