



Pear and Prosciutto Bruschetta

READY IN



15 min.

SERVINGS



8

CALORIES



243 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 4 ounce cheese blue crumbled
- ☐ 1 baguette french toasted sliced
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 tablespoon olive oil
- ☐ 1 pears diced cored
- ☐ 0.3 pound pancetta sliced cut into thin strips
- ☐ 0.3 cup onion diced red

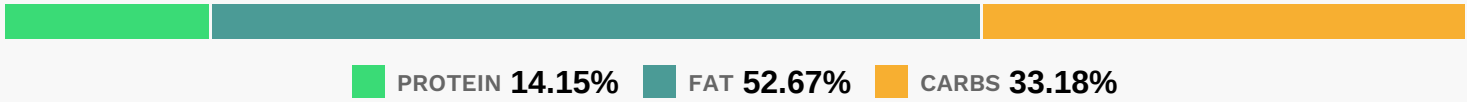
Equipment

☐ bowl

Directions

- ☐ Mix pear, onion, olive oil, balsamic vinegar, and thyme together in a bowl; set aside to marinate for 5 minutes.
- ☐ Spread blue cheese onto toasted baguette slices. Spoon pear mixture onto the blue cheese. Top with prosciutto.

Nutrition Facts



Properties

Glycemic Index:32.19, Glycemic Load:11.74, Inflammation Score:-7, Nutrition Score:6.9891305073448%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 243.25kcal (12.16%), Fat: 14.23g (21.88%), Saturated Fat: 5.59g (34.92%), Carbohydrates: 20.16g (6.72%), Net Carbohydrates: 18.58g (6.76%), Sugar: 4.29g (4.76%), Cholesterol: 23.1mg (7.7%), Sodium: 482.31mg (20.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.6g (17.19%), Vitamin B1: 0.24mg (16.29%), Selenium: 11.28µg (16.12%), Vitamin B3: 2.38mg (11.91%), Phosphorus: 117.67mg (11.77%), Calcium: 116.24mg (11.62%), Vitamin B2: 0.18mg (10.68%), Folate: 41.76µg (10.44%), Manganese: 0.19mg (9.26%), Iron: 1.43mg (7.95%), Fiber: 1.58g (6.33%), Vitamin B6: 0.12mg (6.19%), Zinc: 0.9mg (5.99%), Vitamin B5: 0.49mg (4.91%), Vitamin B12: 0.27µg (4.46%), Potassium: 155.59mg (4.45%), Magnesium: 17.52mg (4.38%), Copper: 0.08mg (3.88%), Vitamin C: 2.85mg (3.46%), Vitamin A: 162.41IU (3.25%), Vitamin E: 0.49mg (3.25%), Vitamin K: 3.34µg (3.18%)