



Pear Wedges with Prosciutto and Mint



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon aniseed crushed
- ☐ 2 tablespoons mint leaves fresh divided sliced
- ☐ 1 tablespoon olive oil
- ☐ 1 pears cored very ripe unpeeled halved cut into 6 wedges
- ☐ 2 teaspoons pear nectar canned
- ☐ 1 slices pancetta thin
- ☐ 1 teaspoon sherry vinegar

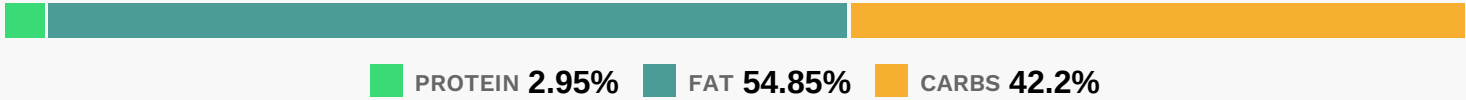
Equipment

☐ bowl

Directions

- ☐ Mix oil, nectar, vinegar, and aniseed in small bowl; stir in 1 tablespoon mint. Season to taste with salt. Arrange pear wedges on plates; drizzle vinaigrette over. Top with prosciutto.
- ☐ Sprinkle with cracked black pepper and remaining 1 tablespoon mint.
- ☐ Per serving: 126 calories, 9 g fat, 3 g fiber
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:3.96, Inflammation Score:-3, Nutrition Score:3.4869564804046%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg, Apigenin: 0.28mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 137.06kcal (6.85%), Fat: 8.8g (13.54%), Saturated Fat: 1.53g (9.57%), Carbohydrates: 15.23g (5.08%), Net Carbohydrates: 12.01g (4.37%), Sugar: 9.43g (10.47%), Cholesterol: 2.64mg (0.88%), Sodium: 29.5mg (1.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.13%), Fiber: 3.23g (12.9%), Vitamin K: 8.22µg (7.83%), Vitamin E: 1.13mg (7.56%), Vitamin C: 5.54mg (6.71%), Manganese: 0.11mg (5.52%), Copper: 0.1mg (4.85%), Vitamin A: 236.96IU (4.74%), Potassium: 144.9mg (4.14%), Iron: 0.59mg (3.26%), Folate: 12µg (3%), Magnesium: 11.38mg (2.85%), Vitamin B2: 0.04mg (2.41%), Vitamin B6: 0.05mg (2.26%), Calcium: 22.44mg (2.24%), Phosphorus: 21.54mg (2.15%), Vitamin B3: 0.4mg (2.02%), Vitamin B1: 0.03mg (1.78%), Zinc: 0.21mg (1.39%), Selenium: 0.91µg (1.29%)