



Pears with Blue Cheese and Prosciutto

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



152 kcal

SIDE DISH

Ingredients

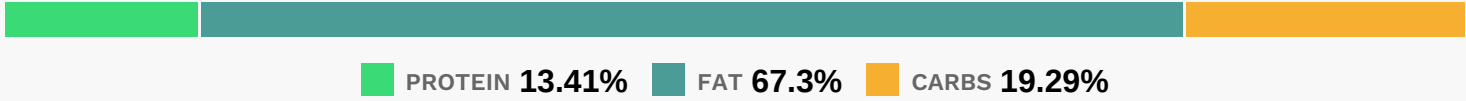
- ☐ 1 cup arugula
- ☐ 3 ounces cheese blue cut into small pieces
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 2 pears cored sliced into 8 wedges (such as Bosc or Bartlett)
- ☐ 6 ounces pancetta thinly sliced cut in half lengthwise

Equipment

Directions

☐ Roll up an arugula leaf, a piece of pear, and a piece of cheese in the prosciutto.

Nutrition Facts



Properties

Glycemic Index:11.97, Glycemic Load:2.06, Inflammation Score:-2, Nutrition Score:3.722608688085%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 152.46kcal (7.62%), Fat: 11.57g (17.8%), Saturated Fat: 4.83g (30.17%), Carbohydrates: 7.46g (2.49%), Net Carbohydrates: 6.04g (2.2%), Sugar: 4.47g (4.97%), Cholesterol: 22.01mg (7.34%), Sodium: 264.15mg (11.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.19g (10.37%), Selenium: 5.87µg (8.38%), Phosphorus: 78.5mg (7.85%), Calcium: 65.28mg (6.53%), Fiber: 1.42g (5.69%), Vitamin B3: 1.04mg (5.22%), Vitamin K: 4.94µg (4.7%), Vitamin B1: 0.07mg (4.57%), Vitamin B6: 0.09mg (4.48%), Vitamin B2: 0.07mg (4.22%), Zinc: 0.59mg (3.94%), Vitamin B12: 0.24µg (3.93%), Potassium: 131.45mg (3.76%), Vitamin C: 2.77mg (3.36%), Vitamin B5: 0.34mg (3.36%), Vitamin A: 159.51IU (3.19%), Copper: 0.05mg (2.59%), Folate: 9.62µg (2.4%), Magnesium: 9.36mg (2.34%), Manganese: 0.03mg (1.64%), Iron: 0.24mg (1.32%), Vitamin E: 0.18mg (1.23%)