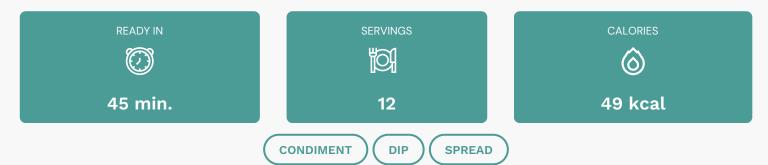


# **Peppered Garlic Confit with Prosciutto**

and Dairy Free



### Ingredients

12 inch bread french cut

#### 2 garlic clove whole

- 1 teaspoon pepper black
- 3 tablespoons olive oil
- 1 ounce pancetta chopped

## Equipment

- bowl
  - sauce pan

	oven
	aluminum foil
Directions	
	Preheat oven to 35
	Remove white papery skin from garlic heads (do not peel or separate the cloves). Wrap each head separately in foil.
	Bake at 350 for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.
	Heat olive oil in a small saucepan over medium heat.
	Add chopped prosciutto and coarsely ground black pepper; cook 5 minutes, stirring occasionally.
	Combine garlic pulp and oil mixture in a small bowl, stirring with a fork until well blended.
	Serve with bread slices.
	Garnish with parsley, if desired.

### **Nutrition Facts**

PROTEIN 5% 📕 FAT 82.83% 📒 CARBS 12.17%

### **Properties**

Glycemic Index:10.06, Glycemic Load:0.72, Inflammation Score:-1, Nutrition Score:0.87913044655453%

### Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

#### Nutrients (% of daily need)

Calories: 48.91kcal (2.45%), Fat: 4.56g (7.02%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 1.51g (0.5%), Net Carbohydrates: 1.35g (0.49%), Sugar: 0.15g (0.17%), Cholesterol: 1.56mg (0.52%), Sodium: 27.84mg (1.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.62g (1.24%), Vitamin E: 0.52mg (3.47%), Manganese: 0.06mg (3.01%), Vitamin K: 2.51µg (2.39%), Selenium: 1.29µg (1.84%), Vitamin B1: 0.02mg (1.21%), Vitamin B3: 0.24mg (1.21%)