



Peppered Garlic Confit with Prosciutto

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



49 kcal

CONDIMENT

DIP

SPREAD

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, 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: 0g (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%)