



Prosciutto and Creamy Blue Cheese Pear Slices

 Gluten Free

READY IN



10 min.

SERVINGS



12

CALORIES



38 kcal

SIDE DISH

Ingredients

- ☐ 1 oz cream cheese softened
- ☐ 8 teaspoons cheese blue crumbled
- ☐ 1 medium pears firm ripe cut into 12 slices cut in half lengthwise, (not)
- ☐ 6 slices pancetta cut in half lengthwise thin

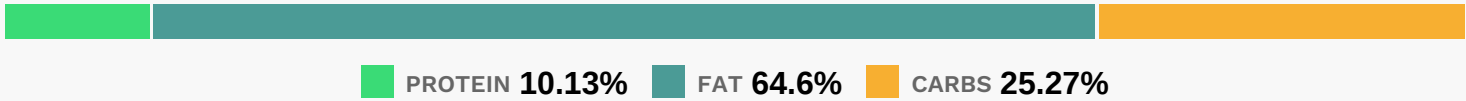
Equipment

- ☐ bowl
- ☐ spatula

Directions

- ☐ In small bowl, stir cream cheese and blue cheese, using rubber spatula, until well blended.
- ☐ Spread rounded 1/2 teaspoon cheese mixture on each pear slice. Starting at one end of each pear slice, wrap 1 prosciutto strip in spiral fashion around pear slice.

Nutrition Facts



Properties

Glycemic Index:7.56, Glycemic Load:0.7, Inflammation Score:-1, Nutrition Score:0.79826087148293%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 38.11kcal (1.91%), Fat: 2.8g (4.31%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 2.47g (0.82%), Net Carbohydrates: 2.01g (0.73%), Sugar: 1.54g (1.71%), Cholesterol: 6.03mg (2.01%), Sodium: 49.38mg (2.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.99g (1.98%), Fiber: 0.46g (1.84%), Selenium: 1.22µg (1.74%), Phosphorus: 15.23mg (1.52%), Calcium: 10.87mg (1.09%), Vitamin B2: 0.02mg (1.04%)