



Prosciutto and Marinated Artichoke Involtini

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cream cheese softened
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 6.5 ounce marinated artichoke hearts dry drained
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 2 tablespoons parmesan cheese freshly grated
- ☐ 7 ounces pancetta thin
- ☐ 24 servings salt and pepper freshly ground
- ☐ 2 ounces slivered blanched almonds

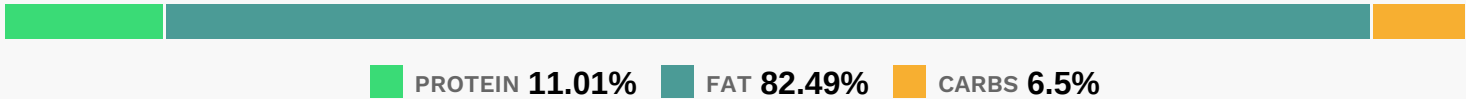
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Heat the oil in a small skillet.
- ☐ Add the almonds and cook over moderate heat, stirring, until golden, about 5 minutes.
- ☐ Transfer to a plate and let cool.
- ☐ In a mini food processor, pulse the artichoke hearts with the almonds until finely chopped.
- ☐ Add the cream cheese, Parmesan and lemon zest and process to a paste. Season with salt and pepper.
- ☐ Lay 3 prosciutto slices on a work surface, overlapping them slightly along the sides. Spoon 2 tablespoons of the artichoke filling onto the short end and roll into a tight cylinder. Repeat with the remaining prosciutto and filling. Trim the ends, cut into quarters and serve.
- ☐ Make Ahead: The rolls can be refrigerated for up to 2 days.

Nutrition Facts



Properties

Glycemic Index:1.13, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.5508695549291%

Nutrients (% of daily need)

Calories: 68.39kcal (3.42%), Fat: 6.31g (9.71%), Saturated Fat: 1.83g (11.47%), Carbohydrates: 1.12g (0.37%), Net Carbohydrates: 0.73g (0.26%), Sugar: 0.28g (0.31%), Cholesterol: 8.21mg (2.74%), Sodium: 292.88mg (12.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.79%), Vitamin E: 0.64mg (4.29%), Selenium: 2.09µg (2.98%), Phosphorus: 28.45mg (2.84%), Vitamin A: 115.39IU (2.31%), Manganese: 0.05mg (2.27%), Vitamin B3: 0.42mg (2.09%), Vitamin C: 1.67mg (2.02%), Magnesium: 7.69mg (1.92%), Vitamin B1: 0.03mg (1.87%), Vitamin B2: 0.03mg (1.79%), Fiber: 0.39g (1.57%), Copper: 0.03mg (1.43%), Calcium: 13.68mg (1.37%), Zinc: 0.2mg (1.32%), Vitamin B6: 0.03mg (1.32%), Potassium: 35.94mg (1.03%)