



Prosciutto and Orange Salad with Comté and Toasted Pecans

READY IN



45 min.

SERVINGS



8

CALORIES



322 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup balsamic vinaigrette
- ☐ 1 bread baguette or french-style cut into 1-inch slices
- ☐ 3 ounces comté cheese thinly sliced
- ☐ 4 medium porcini mushrooms trimmed scrubbed sliced
- ☐ 1 small head lettuce red
- ☐ 1 tablespoon olive oil
- ☐ 1 cranberry-orange relish peeled
- ☐ 2 tablespoons pecans toasted chopped

- ☐ 6 ounces pancetta thin
- ☐ 1 small head radicchio thinly halved thinly sliced
- ☐ 0.5 small onion red halved thinly sliced

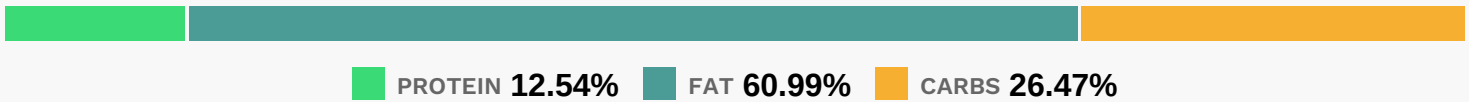
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to broil.
- ☐ Place bread on baking sheet, and cover each piece with 2 to 3 Comt slices. Broil 3 minutes 6 inches from heat source or until cheese melts and is bubbly and brown.
- ☐ Toss onion and next 5 ingredients gently with Balsamic Vinaigrette.
- ☐ Saut mushrooms in oil 5 minutes or until tender. Top salad with mushrooms and bread rounds.
- ☐ Serve while cheese and mushrooms are warm.

Nutrition Facts



Properties

Glycemic Index:18.91, Glycemic Load:11.12, Inflammation Score:-9, Nutrition Score:16.735217203265%

Flavonoids

Cyanidin: 25.29mg, Cyanidin: 25.29mg, Cyanidin: 25.29mg, Cyanidin: 25.29mg Delphinidin: 1.62mg, Delphinidin: 1.62mg, Delphinidin: 1.62mg, Delphinidin: 1.62mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg, Hesperetin: 4.46mg Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg, Naringenin: 2.51mg Luteolin: 7.52mg, Luteolin: 7.52mg, Luteolin: 7.52mg, Luteolin: 7.52mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg

0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 10.32mg, Quercetin: 10.32mg, Quercetin: 10.32mg, Quercetin: 10.32mg

Nutrients (% of daily need)

Calories: 321.6kcal (16.08%), Fat: 21.85g (33.61%), Saturated Fat: 5.92g (37.01%), Carbohydrates: 21.34g (7.11%), Net Carbohydrates: 19.36g (7.04%), Sugar: 4.23g (4.7%), Cholesterol: 25.73mg (8.58%), Sodium: 556.69mg (24.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.11g (20.21%), Vitamin K: 104.28µg (99.31%), Vitamin A: 3045.88IU (60.92%), Vitamin B1: 0.31mg (20.67%), Manganese: 0.38mg (19.24%), Selenium: 12.38µg (17.69%), Calcium: 168.99mg (16.9%), Folate: 67.24µg (16.81%), Phosphorus: 155.62mg (15.56%), Vitamin C: 12.19mg (14.78%), Vitamin B3: 2.61mg (13.05%), Vitamin B2: 0.2mg (11.78%), Iron: 1.87mg (10.37%), Copper: 0.19mg (9.54%), Vitamin B6: 0.18mg (8.76%), Zinc: 1.28mg (8.54%), Fiber: 1.98g (7.92%), Potassium: 275.93mg (7.88%), Magnesium: 27.59mg (6.9%), Vitamin E: 1.01mg (6.74%), Vitamin B5: 0.58mg (5.82%), Vitamin B12: 0.28µg (4.61%), Vitamin D: 0.17µg (1.12%)