



Prosciutto & Avocado Crostini

READY IN



18 min.

SERVINGS



10

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 avocado sliced
- ☐ 1 demi baguette whole-wheat sliced
- ☐ 10 servings bell pepper black
- ☐ 2 teaspoons dijon mustard
- ☐ 1 optional: lemon halved
- ☐ 0.3 cup olive oil
- ☐ 2 ounces parmesan
- ☐ 0.3 pound pancetta thinly sliced
- ☐ 1 teaspoon red-wine vinegar

☐ 16 sprigs watercress

Equipment

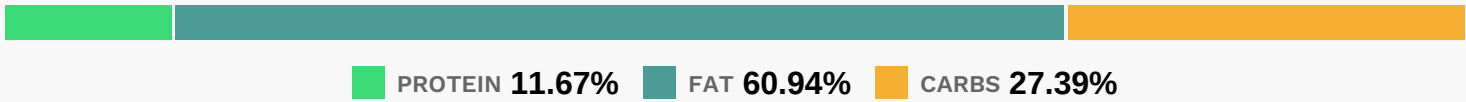
☐ baking sheet

☐ oven

Directions

- ☐ Heat oven to 375F. Arrange bread on baking sheet; toast 8 minutes.
- ☐ Combine Dijon, oil, and vinegar.
- ☐ Brush onto bread. Top with next 5 ingredients (through pepper). Squeeze lemon over it.

Nutrition Facts



Properties

Glycemic Index:26.02, Glycemic Load:8.65, Inflammation Score:-4, Nutrition Score:7.585652195889%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg, Eriodictyol: 2.31mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg, Kaempferol: 0.92mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 218.69kcal (10.93%), Fat: 15.08g (23.19%), Saturated Fat: 3.76g (23.48%), Carbohydrates: 15.24g (5.08%), Net Carbohydrates: 12.98g (4.72%), Sugar: 1.64g (1.83%), Cholesterol: 11.34mg (3.78%), Sodium: 334.83mg (14.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.5g (12.99%), Vitamin K: 18.5µg (17.62%), Vitamin B1: 0.2mg (13.49%), Selenium: 8.36µg (11.94%), Vitamin C: 9.46mg (11.47%), Folate: 45.06µg (11.27%), Calcium: 105.13mg (10.51%), Vitamin B3: 1.98mg (9.91%), Phosphorus: 95.29mg (9.53%), Vitamin E: 1.39mg (9.25%), Fiber: 2.26g (9.05%), Manganese: 0.18mg (8.85%), Vitamin B2: 0.14mg (8.36%), Iron: 1.2mg (6.65%), Vitamin B6: 0.13mg (6.39%), Potassium: 187.34mg (5.35%), Vitamin B5: 0.5mg (5%), Magnesium: 18.56mg (4.64%), Zinc: 0.63mg (4.23%),

Copper: 0.08mg (4.21%), Vitamin A: 209.1IU (4.18%), Vitamin B12: 0.12µg (2.08%)