

Prosciutto Cups

 Gluten Free

READY IN



30 min.

SERVINGS



12

CALORIES



120 kcal

SIDE DISH

Ingredients

- 3 cloves garlic minced
- 0.5 pound pancetta thinly sliced
- 1 cup ricotta cheese
- 1 cup pkt spinach frozen dry thawed chopped

Equipment

- bowl
- frying pan
- oven

muffin liners

Directions

Preheat the oven to 350 degrees F (175 degrees C).

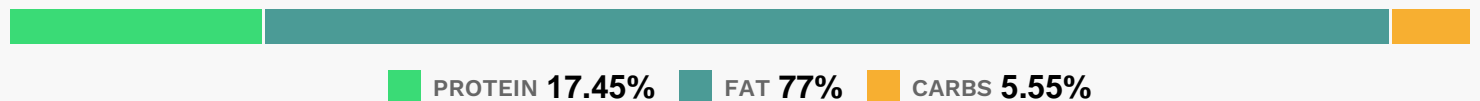
In a medium bowl, mix together the garlic, spinach and ricotta cheese until well blended. Set aside.

Place strips of prosciutto into mini muffin cups so that they line the bottom, but there is some meat hanging out over the sides, and it kind of looks like a flower. Fill each cup with about 1 1/2 tablespoons of the cheese mixture, or so the cup is full and rounded on the top. The filling should look like the center of the flower.

Bake for 10 to 15 minutes, until the prosciutto is browned and stiff to the touch. The cups should be able to retain their shape after removing from the pan.

Serve warm, but not hot.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:0.24, Inflammation Score:-8, Nutrition Score:6.8330435960189%

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: 119.66kcal (5.98%), Fat: 10.26g (15.79%), Saturated Fat: 4.23g (26.46%), Carbohydrates: 1.67g (0.56%), Net Carbohydrates: 1.27g (0.46%), Sugar: 0.15g (0.16%), Cholesterol: 23.01mg (7.67%), Sodium: 152.22mg (6.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Vitamin K: 48.6µg (46.29%), Vitamin A: 1623.41IU (32.47%), Selenium: 7.68µg (10.97%), Phosphorus: 67.39mg (6.74%), Calcium: 61.85mg (6.19%), Manganese: 0.11mg (5.37%), Folate: 21.35µg (5.34%), Vitamin B2: 0.09mg (5.03%), Vitamin B1: 0.07mg (4.57%), Vitamin B6: 0.09mg (4.54%), Vitamin B3: 0.85mg (4.26%), Zinc: 0.54mg (3.63%), Magnesium: 14.48mg (3.62%), Vitamin E: 0.48mg (3.21%), Potassium: 107.11mg (3.06%), Vitamin B12: 0.16µg (2.75%), Iron: 0.41mg (2.3%), Copper: 0.03mg (1.66%), Vitamin B5: 0.17mg (1.66%), Fiber: 0.39g (1.57%), Vitamin C: 0.95mg (1.15%)