

SIDE DISH

Prosciutto di Parma with Fresh Figs and Fett'Unta

13 September 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
15 min	15 min	4	\$5.89	474 kcal



Prosciutto di Parma with Fresh Figs and Fett'Untan is a side dish that serves 4. One serving contains 474 calories, 11g of protein, and 29g of fat. For \$5.89 per serving, this recipe covers 26% of your daily requirements of vitamins and minerals. This recipe is liked by 1 foodies and cooks.

Ingredients

- ☐ 1 bunch baby spinach
- ☐ 4 inch Italian peasant bread, toasted in 400 degree F oven for 2 minutes
- ☐ ½ cup extra virgin olive oil
- ☐ 3 cups fresh figs, stems removed
- ☐ 2 tablespoons fresh lemon juice
- ☐ 3 tablespoons pomegranate molasses
- ☐ 8 ounces prosciutto di Parma, thinly sliced
- ☐ 4 servings Salt and pepper

EQUIPMENT Food processor, Bowl

Method

- 1 Chop 1 cup of the figs and place in the bowl of a food processor with the molasses. Buzz until smooth and drizzle in 1/2 cup olive oil until mixture is emulsified. Set aside.
- 2 Cut remaining figs in half lengthwise and set aside.
- 3 Place baby spinach in a large salad bowl and toss with lemon juice, remaining olive oil, salt and pepper.
- 4 Slice prosciutto and divide onto 4 dinner plates. Top each plate with a mound of spinach. Arrange figs and toasted bread around spinach.
- 5 Drizzle toast with fig oil and serve immediately.

Nutrition per serving

474

KCAL

11 g

PROTEIN

29 g

FAT

46 g

CARBS

Saturated Fat

8.5 g · 53% of daily needs

Fibre

7.1 g · 29% of daily needs

Sugar

34.9 g · 39% of daily needs

Sodium

650 mg · 28% of daily needs

Cholesterol

37.4 mg · 12% of daily needs

Vitamin C

30.3 mg · 37% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/prosciutto-di-parma-with-fresh-figs-and-fettunta-142314