



Prosciutto Finger Sandwiches with Spicy Peach Jam

READY IN



55 min.

SERVINGS



4

CALORIES



590 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cream cheese
- ☐ 0.3 cup honey
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 3 peaches pitted chopped
- ☐ 0.5 pound pancetta thinly sliced
- ☐ 0.1 teaspoon pepper flakes red
- ☐ 1 tablespoon cup heavy whipping cream sour
- ☐ 0.3 cup tarragon fresh italian finely chopped

- ☐ 1 tablespoon water
- ☐ 8 slices bread white thin

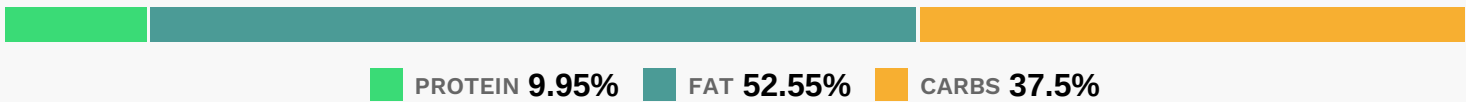
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender

Directions

- ☐ In a large sauce pan, combine the peaches, red pepper flakes, honey, water, and salt, and pepper, to taste and place the pan over medium heat. Bring to a simmer, then lower the heat and simmer slowly for 30 minutes, stirring occasionally.
- ☐ Let the mixture cool, then blend it in a blender or food processor until smooth.
- ☐ In a small bowl, stir the cream cheese and sour cream together until well combined.
- ☐ Divide the cream cheese mixture among 4 slices of bread, reserving a little bit of cream cheese for garnish.
- ☐ Spread the peach jam on the other slices of bread. Top the cream cheese slices with a few slices of prosciutto and top with the slices with jam. Slice in half.
- ☐ In a small bowl, blend the chopped tarragon, parsley, and basil then spread them out on a plate.
- ☐ Spread a light coating of reserved cream cheese on the exposed sliced end of each sandwich half and dip in the chopped herbs. Arrange the sandwiches on a plate and serve.

Nutrition Facts



Properties

Glycemic Index:64.58, Glycemic Load:31.01, Inflammation Score:-7, Nutrition Score:17.040869412215%

Flavonoids

Cyanidin: 2.16mg, Cyanidin: 2.16mg, Cyanidin: 2.16mg, Cyanidin: 2.16mg Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 590.12kcal (29.51%), Fat: 34.99g (53.83%), Saturated Fat: 14.01g (87.58%), Carbohydrates: 56.18g (18.73%), Net Carbohydrates: 53.13g (19.32%), Sugar: 30.71g (34.12%), Cholesterol: 67.85mg (22.62%), Sodium: 722.68mg (31.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.91g (29.81%), Vitamin K: 65.85µg (62.71%), Selenium: 28.1µg (40.14%), Vitamin B1: 0.45mg (29.84%), Vitamin B3: 5.68mg (28.39%), Vitamin A: 1122.97IU (22.46%), Manganese: 0.41mg (20.55%), Phosphorus: 198.91mg (19.89%), Folate: 71.14µg (17.79%), Vitamin B2: 0.28mg (16.68%), Calcium: 150.6mg (15.06%), Iron: 2.67mg (14.83%), Vitamin B6: 0.25mg (12.61%), Fiber: 3.05g (12.2%), Vitamin C: 9.73mg (11.8%), Potassium: 383.56mg (10.96%), Zinc: 1.61mg (10.74%), Vitamin E: 1.48mg (9.89%), Copper: 0.19mg (9.75%), Vitamin B5: 0.96mg (9.58%), Magnesium: 34.76mg (8.69%), Vitamin B12: 0.35µg (5.87%), Vitamin D: 0.23µg (1.51%)