



Prosciutto Parmesan and Pine Nut Bruschetta

READY IN



30 min.

SERVINGS



36

CALORIES



146 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 baguettes french cut into 1/2 inch slices
- ☐ 1 cup butter softened
- ☐ 36 servings ground pepper black to taste
- ☐ 1 cup parmesan cheese grated
- ☐ 1 cup pinenuts toasted
- ☐ 1 cup pancetta diced

Equipment

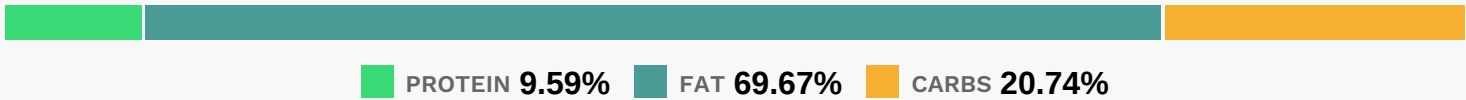
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ chopsticks

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ In a medium bowl, cream the butter. Blend in prosciutto, Parmesan cheese and ground black pepper.
- ☐ Place baguettes on a medium baking sheet.
- ☐ Heat in the preheated oven until lightly toasted, about 10 minutes.
- ☐ Spread baguette slices with the butter mixture. Arrange on a large serving platter.
- ☐ Sprinkle with pine nuts.

Nutrition Facts



Properties

Glycemic Index:4.27, Glycemic Load:4.6, Inflammation Score:-2, Nutrition Score:4.0456521954873%

Nutrients (% of daily need)

Calories: 145.77kcal (7.29%), Fat: 11.45g (17.61%), Saturated Fat: 4.81g (30.04%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 7.21g (2.62%), Sugar: 0.79g (0.88%), Cholesterol: 20.31mg (6.77%), Sodium: 218.59mg (9.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.09%), Manganese: 0.41mg (20.52%), Vitamin B1: 0.11mg (7.59%), Selenium: 4.78µg (6.82%), Phosphorus: 63.5mg (6.35%), Vitamin B3: 1.07mg (5.33%), Calcium: 42.02mg (4.2%), Vitamin B2: 0.07mg (4.14%), Folate: 16.51µg (4.13%), Iron: 0.74mg (4.09%), Vitamin E: 0.58mg (3.87%), Magnesium: 15.08mg (3.77%), Zinc: 0.56mg (3.71%), Vitamin A: 185.67IU (3.71%), Copper: 0.07mg (3.58%), Vitamin K: 3.09µg (2.94%), Vitamin B6: 0.04mg (1.91%), Fiber: 0.46g (1.82%), Potassium: 60.58mg (1.73%), Vitamin B12: 0.08µg (1.35%), Vitamin B5: 0.12mg (1.18%)