



Prosciutto & rocket rolls

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



120 kcal

Ingredients

- ☐ 250 g ricotta cheese
- ☐ 2 tbsp basil pesto green red (or)
- ☐ 12 slices pancetta
- ☐ 50 g arugula

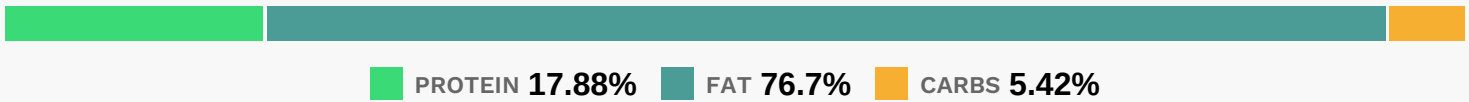
Equipment

Directions

- ☐ Mix the ricotta with the pesto and season with salt and pepper.

- ☐ Cut each slice of prosciutto in half widthways, then spread the ricotta mix over them.
- ☐ Lay a few rocket leaves lengthways on each slice so they poke out at each end.
- ☐ Roll each one up and place on a serving plate.
- ☐ Sprinkle with ground pepper.
- ☐ Prepare ahead; assemble the rolls on the plate, cover with cling film and keep in the fridge for up to 1-2 hours until ready to serve.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:0.3, Inflammation Score:-3, Nutrition Score:3.1721738965615%

Flavonoids

Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg, Kaempferol: 2.18mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 120.49kcal (6.02%), Fat: 10.25g (15.77%), Saturated Fat: 4.43g (27.71%), Carbohydrates: 1.63g (0.54%), Net Carbohydrates: 1.47g (0.54%), Sugar: 0.33g (0.37%), Cholesterol: 24.16mg (8.05%), Sodium: 142.44mg (6.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.37g (10.75%), Selenium: 6.96µg (9.95%), Calcium: 81.32mg (8.13%), Vitamin A: 367.42IU (7.35%), Phosphorus: 69.9mg (6.99%), Vitamin K: 7.16µg (6.82%), Vitamin B2: 0.08mg (4.47%), Zinc: 0.53mg (3.56%), Vitamin B12: 0.17µg (2.77%), Vitamin B3: 0.53mg (2.67%), Vitamin B1: 0.04mg (2.66%), Vitamin B6: 0.05mg (2.5%), Folate: 9.81µg (2.45%), Potassium: 79.64mg (2.28%), Magnesium: 7.82mg (1.95%), Vitamin B5: 0.16mg (1.6%), Iron: 0.28mg (1.56%), Manganese: 0.02mg (1.16%), Vitamin C: 0.94mg (1.14%)