



Prosciutto & rosemary potatoes



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



24

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



500 g baby potatoes



12 slices pancetta



1 small sprigs rosemary



3 tbsp olive oil

Equipment



oven



baking pan

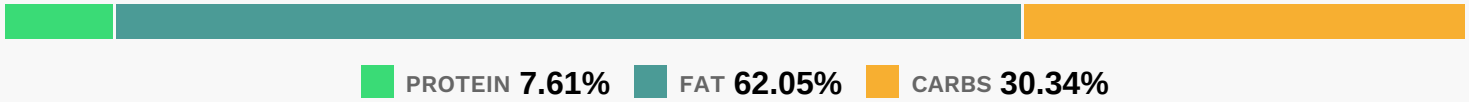


toothpicks

Directions

- ☐ Cook the baby new potatoes in salted boiling water until just tender.
- ☐ Cut the prosciutto slices in half lengthways and wrap one length around each new potato, tucking small sprigs of rosemary underneath, then secure with a toothpick.
- ☐ Place in a baking tray, drizzle with olive oil, then season well.
- ☐ Bake at 200C/fan 180C/gas 6 for 25–30 mins until very crisp and golden.
- ☐ Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:6.41, Glycemic Load:2.66, Inflammation Score:-1, Nutrition Score:1.3934782571767%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 48.21kcal (2.41%), Fat: 3.36g (5.16%), Saturated Fat: 0.78g (4.87%), Carbohydrates: 3.69g (1.23%), Net Carbohydrates: 3.23g (1.18%), Sugar: 0.16g (0.18%), Cholesterol: 2.64mg (0.88%), Sodium: 27.77mg (1.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.85%), Vitamin C: 4.11mg (4.98%), Vitamin B6: 0.07mg (3.61%), Potassium: 95.69mg (2.73%), Vitamin B3: 0.38mg (1.9%), Vitamin B1: 0.03mg (1.85%), Fiber: 0.46g (1.84%), Vitamin E: 0.27mg (1.81%), Phosphorus: 17.64mg (1.76%), Manganese: 0.03mg (1.62%), Vitamin K: 1.45µg (1.38%), Magnesium: 5.28mg (1.32%), Selenium: 0.87µg (1.24%), Copper: 0.02mg (1.21%), Iron: 0.19mg (1.06%)