



Prosciutto With Peaches And Balsamic Vinegar

 Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



235 kcal

SIDE DISH

Ingredients

- 8 servings aged balsamic vinegar
- 8 servings pepper black freshly ground to taste
- 8 servings chives
- 8 servings olive oil extra virgin as needed
- 8 servings peaches ripe
- 8 servings pancetta

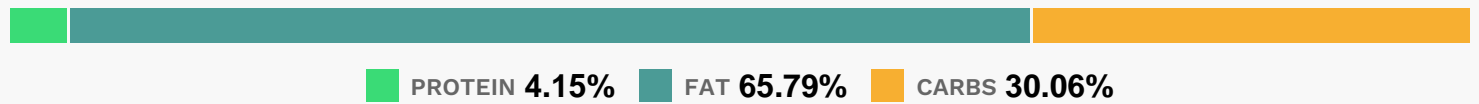
Equipment

- oven
- muffin tray

Directions

- Preheat the oven to 325 degrees.Wrap 8 pieces of the prosciutto around the bottom of the wells of an inverted standard muffin pan and bake until crispy.
- Remove the prosciutto from the muffin wells and break into large shards. Reserve until needed for the final plate.
- Lay the remaining slices of prosciutto out flat on a serving plate and then put a crispy piece at the end of each piece of prosciutto.Finely chop the chives and mix with the peaches. Grind some pepper onto the prosciutto. Arrange the seasoned peaches on the piece of prosciutto on a platter and drizzle with the olive oil and balsamic vinegar.
- Serve at room temperature.Try out these great combination dishes on Food Republic:Goat Cheese And Polenta Stack Recipe
- Tomato And Peach Salad With Goat Cheese Recipe
- Watermelon And Manchego Stack With Arugula Pesto Recipe

Nutrition Facts



Properties

Glycemic Index:20.91, Glycemic Load:6.58, Inflammation Score:-5, Nutrition Score:5.6869565047648%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 234.75kcal (11.74%), Fat: 17.59g (27.06%), Saturated Fat: 3.03g (18.92%), Carbohydrates: 18.08g (6.03%), Net Carbohydrates: 15.78g (5.74%), Sugar: 15g (16.66%), Cholesterol: 5.28mg (1.76%), Sodium: 76.47mg (3.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.5g (4.99%), Vitamin E: 3.15mg (20.99%), Vitamin K: 15.22µg (14.5%), Vitamin A: 536.04IU (10.72%), Fiber: 2.3g (9.2%), Vitamin C: 6.73mg (8.16%), Vitamin B3: 1.54mg (7.69%), Selenium: 4.77µg (6.82%), Manganese: 0.13mg (6.49%), Copper: 0.13mg (6.37%), Potassium: 221.19mg (6.32%), Phosphorus: 48.3mg (4.83%), Iron: 0.76mg (4.23%), Vitamin B1: 0.06mg (3.93%), Magnesium: 15.47mg (3.87%), Vitamin B2: 0.05mg (3.19%), Zinc: 0.46mg (3.06%), Vitamin B6: 0.06mg (3.02%), Vitamin B5: 0.28mg (2.79%), Folate: 10.07µg (2.52%), Calcium: 12.22mg (1.22%)