



Prosciutto with Persimmon, Pomegranate, and Arugula



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



325 kcal

SIDE DISH

Ingredients

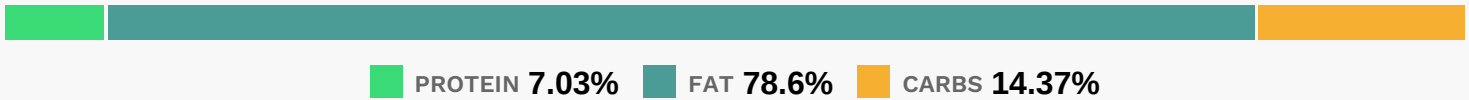
- ☐ 4 ounces baby arugula
- ☐ 1 large fuyu persimmon pulp pitted peeled cut into 1/4-inch-thick slices
- ☐ 8 servings olive oil extra-virgin
- ☐ 0.5 cup pistachios toasted
- ☐ 0.5 cup pomegranate seeds fresh
- ☐ 8 ounces pancetta thin
- ☐ 8 servings pomegranate vinegar

Equipment

Directions

- ☐ Arrange 2 prosciutto slices on each plate.
- ☐ Sprinkle pomegranate seeds over. Arrange persimmon next to prosciutto. Mound arugula atop prosciutto. Scatter pistachios over.
- ☐ Sprinkle with pepper; drizzle with oil and vinegar.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:4.86, Inflammation Score:-4, Nutrition Score:7.7986956679303%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg 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: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 4.95mg, Kaempferol: 4.95mg, Kaempferol: 4.95mg, Kaempferol: 4.95mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 324.8kcal (16.24%), Fat: 29.04g (44.68%), Saturated Fat: 6.15g (38.46%), Carbohydrates: 11.95g (3.98%), Net Carbohydrates: 10.52g (3.83%), Sugar: 2.29g (2.54%), Cholesterol: 18.71mg (6.24%), Sodium: 192.48mg (8.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.68%), Vitamin K: 25.56µg (24.34%), Vitamin C: 17.46mg (21.17%), Vitamin E: 2.44mg (16.25%), Vitamin B6: 0.22mg (11.21%), Vitamin B1: 0.16mg (10.55%), Phosphorus: 95.21mg (9.52%), Selenium: 6.36µg (9.08%), Potassium: 276.76mg (7.91%), Manganese: 0.16mg (7.79%), Vitamin A: 378.76IU (7.58%), Iron: 1.26mg (7%), Copper: 0.14mg (6.96%), Vitamin B3: 1.31mg (6.57%), Fiber: 1.43g (5.71%), Folate: 21.57µg (5.39%), Magnesium: 20.65mg (5.16%), Zinc: 0.61mg (4.04%), Calcium: 39.3mg (3.93%), Vitamin B2: 0.05mg (3.11%), Vitamin B5: 0.3mg (2.98%), Vitamin B12: 0.14µg (2.36%)