



Prosciutto with Persimmons



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



277 kcal

SIDE DISH

Ingredients

- ☐ 8 servings olive oil extra virgin extra-virgin
- ☐ 2 persimmon halved sliced
- ☐ 24 slices pancetta

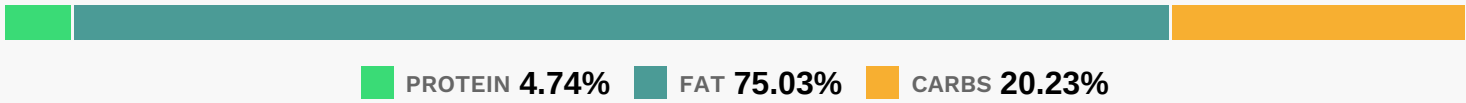
Equipment

- ☐ plastic wrap

Directions

- ☐ Divide prosciutto slices among 8 plates. Arrange persimmon slices decoratively atop prosciutto. (Can be prepared 4 hours ahead. Cover with plastic wrap and chill.)
- ☐ Drizzle with olive oil, sprinkle with freshly ground pepper, and serve.

Nutrition Facts



Properties

Glycemic Index:6.25, Glycemic Load:7.03, Inflammation Score:-1, Nutrition Score:4.4060868931853%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 277.18kcal (13.86%), Fat: 23.69g (36.45%), Saturated Fat: 5.12g (32.02%), Carbohydrates: 14.38g (4.79%), Net Carbohydrates: 14.38g (5.23%), Sugar: 0g (0%), Cholesterol: 15.84mg (5.28%), Sodium: 159.58mg (6.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.73%), Vitamin C: 27.72mg (33.6%), Vitamin E: 2.12mg (14.13%), Vitamin K: 8.43µg (8.03%), Selenium: 4.82µg (6.89%), Iron: 1.23mg (6.82%), Potassium: 177.86mg (5.08%), Vitamin B3: 0.97mg (4.83%), Phosphorus: 45.48mg (4.55%), Vitamin B1: 0.07mg (4.42%), Vitamin B6: 0.06mg (3.19%), Vitamin B12: 0.12µg (2%), Zinc: 0.28mg (1.89%), Vitamin B5: 0.13mg (1.33%), Calcium: 12.68mg (1.27%), Vitamin B2: 0.02mg (1.14%)