



Prosciutto-Wrapped Apple Bites



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups arugula loosely packed
- ☐ 4 slices country ham very thin
- ☐ 1 oz basil fresh
- ☐ 1 gala apple unpeeled
- ☐ 0.3 teaspoon coarsely ground pepper
- ☐ 0.5 cup lemon-lime drink soft

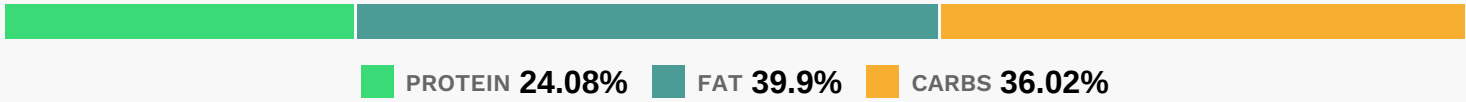
Equipment

- ☐ paper towels

Directions

- ☐ Cut apple into 1/4- to 1/2-inch slices (about 16). Toss together apple slices and lemon-lime soft drink to prevent browning; drain.
- ☐ Place 1 apple slice on top of 3 arugula leaves and 1 to 2 basil leaves.
- ☐ Cut each prosciutto slice lengthwise into 4 strips. Wrap center of each apple bundle with 1 prosciutto strip. Arrange on a serving platter, and sprinkle with pepper.
- ☐ Note: To make ahead, prepare recipe as directed. Cover bites with damp paper towels, and chill 30 minutes.

Nutrition Facts



Properties

Glycemic Index:8.3, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:1.3060869561589%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 21.52kcal (1.08%), Fat: 0.97g (1.5%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 1.98g (0.66%), Net Carbohydrates: 1.71g (0.62%), Sugar: 1.58g (1.76%), Cholesterol: 3.47mg (1.16%), Sodium: 67.62mg (2.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.65%), Vitamin K: 7.76µg (7.39%), Vitamin B1: 0.04mg (2.42%), Vitamin A: 115.42IU (2.31%), Selenium: 1.28µg (1.83%), Phosphorus: 14.6mg (1.46%), Vitamin B6: 0.03mg (1.42%), Manganese: 0.03mg (1.41%), Vitamin B3: 0.28mg (1.38%), Vitamin C: 0.9mg (1.09%), Fiber: 0.27g (1.09%), Zinc: 0.15mg (1.02%), Potassium: 35.86mg (1.02%), Vitamin B2: 0.02mg (1.01%)