



Prosciutto-Wrapped Breadsticks

READY IN



15 min.

SERVINGS



8

CALORIES



140 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon chives chopped
- 4 ounces goat cheese with herbs
- 16 breadsticks
- 4 ounces cream cheese light softened
- 16 slices pancetta
- 8 servings salt and pepper

Equipment

- offset spatula

Directions

- Mix goat cheese, cream cheese and chives. Season with salt and pepper.
- Lay prosciutto on waxed paper.
- Spread mixture over prosciutto with an offset spatula.
- Roll one slice of prosciutto around a breadstick, so that cheese mixture sticks to breadstick. Repeat with remaining prosciutto and breadsticks.

Nutrition Facts

PROTEIN 16.52% **FAT 74.79%** **CARBS 8.69%**

Properties

Glycemic Index:5.63, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:2.9699999793716%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 139.77kcal (6.99%), Fat: 11.61g (17.86%), Saturated Fat: 5.52g (34.47%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 2.9g (1.05%), Sugar: 1.02g (1.14%), Cholesterol: 24.73mg (8.24%), Sodium: 419.39mg (18.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.77g (11.54%), Phosphorus: 81.09mg (8.11%), Selenium: 4.18µg (5.98%), Copper: 0.12mg (5.79%), Vitamin B2: 0.09mg (5.5%), Vitamin A: 246.91IU (4.94%), Vitamin B6: 0.08mg (4.24%), Calcium: 42.09mg (4.21%), Vitamin B1: 0.06mg (4%), Vitamin B12: 0.24µg (3.96%), Vitamin B3: 0.72mg (3.62%), Vitamin B5: 0.31mg (3.06%), Iron: 0.49mg (2.7%), Zinc: 0.4mg (2.68%), Potassium: 71.53mg (2.04%), Magnesium: 5.48mg (1.37%), Folate: 4.79µg (1.2%), Vitamin K: 1.21µg (1.15%), Vitamin D: 0.16µg (1.09%)