



Prosciutto-Wrapped Crudite

 Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 servings pepper black freshly ground
- 10 stalks broccolini
- 0.3 head cauliflower with stems intact, blanched separated
- 1 fennel bulb cored thinly sliced lengthwise
- 2 tablespoons meyer lemon olive oil
- 0.5 orange bell pepper cut lengthwise into thin strips
- 2 ounce parmesan
- 20 slices pancetta paper-thin

- 0.5 bell pepper red cut lengthwise into thin strips
- 8 servings salt for blanching water
- 0.5 bell pepper yellow cut lengthwise into thin strips

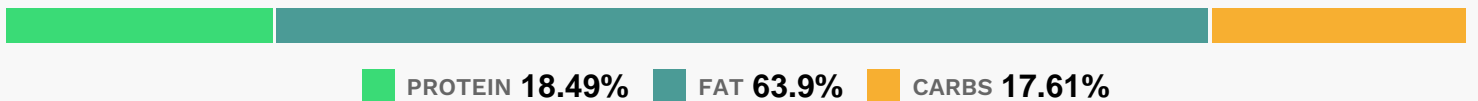
Equipment

- peeler
- grater

Directions

- Watch how to make this recipe.
- Working with 1 slice of prosciutto at a time, cut the prosciutto lengthwise in half. Wrap a small bundle of the fennel slices (about 3 slices) with prosciutto, allowing the fennel to extend over each side of the prosciutto. Bundle 1 strip each of the orange, red, and yellow bell peppers, then wrap each bundle with prosciutto, allowing the bell peppers to extend over each side of the prosciutto. Wrap the prosciutto around the stalks of broccolini. Wrap the prosciutto around the stem end of the cauliflower florets. Arrange the vegetables on a platter.
- Drizzle with the oil. Using a grater or vegetable peeler, shave the Parmesan over the vegetables.
- Sprinkle with pepper, and serve.

Nutrition Facts



Properties

Glycemic Index:28.19, Glycemic Load:1.05, Inflammation Score:-7, Nutrition Score:9.6130435881407%

Flavonoids

Eriodictyol: 1.11mg, Eriodictyol: 1.11mg, Eriodictyol: 1.11mg, Eriodictyol: 1.11mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 137.09kcal (6.85%), Fat: 9.95g (15.31%), Saturated Fat: 3.89g (24.29%), Carbohydrates: 6.17g (2.06%), Net Carbohydrates: 4.25g (1.55%), Sugar: 2.56g (2.85%), Cholesterol: 18.02mg (6.01%), Sodium: 282.88mg (12.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.96%), Vitamin C: 58.29mg (70.65%), Vitamin K: 22.17µg (21.11%), Vitamin A: 804.51IU (16.09%), Calcium: 122.39mg (12.24%), Phosphorus: 106.92mg (10.69%), Selenium: 5.98µg (8.55%), Vitamin B6: 0.17mg (8.27%), Potassium: 274.53mg (7.84%), Fiber: 1.92g (7.69%), Folate: 27.84µg (6.96%), Vitamin B3: 1.32mg (6.59%), Manganese: 0.13mg (6.33%), Vitamin B1: 0.08mg (5.44%), Magnesium: 18.7mg (4.67%), Vitamin B2: 0.08mg (4.43%), Copper: 0.09mg (4.4%), Zinc: 0.61mg (4.1%), Vitamin B5: 0.4mg (3.99%), Iron: 0.67mg (3.7%), Vitamin E: 0.53mg (3.51%), Vitamin B12: 0.19µg (3.08%)