



## Prosciutto-Wrapped Fruit

 Gluten Free

READY IN



25 min.

SERVINGS



42

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.7 cup mascarpone cheese
- 0.5 lb pancetta thinly sliced
- 1 pears unpeeled cut into 1/2-inch wedges
- 1 apples unpeeled cut into 1/2-inch wedges

### Equipment

- toothpicks

## Directions

- Spread cheese evenly on prosciutto slices.
- Place pear or apple wedge on shortest side of each slice; roll up.
- Serve immediately, or cover loosely and refrigerate until serving time. To serve, cut each roll into 3 pieces. Secure each with cocktail toothpick.

## Nutrition Facts

 PROTEIN **8.86%**  FAT **78.34%**  CARBS **12.8%**

## Properties

Glycemic Index:1.64, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:0.55043477856595%

## Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg 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: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 43.26kcal (2.16%), Fat: 3.76g (5.79%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 1.38g (0.46%), Net Carbohydrates: 1.15g (0.42%), Sugar: 0.86g (0.96%), Cholesterol: 7.14mg (2.38%), Sodium: 37.8mg (1.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.92%), Selenium: 1.09µg (1.56%), Vitamin B3: 0.23mg (1.14%), Vitamin A: 55.4IU (1.11%), Vitamin B1: 0.02mg (1.08%)