



Prosciutto-Wrapped Fruit

 Gluten Free

READY IN



25 min.

SERVINGS



42

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

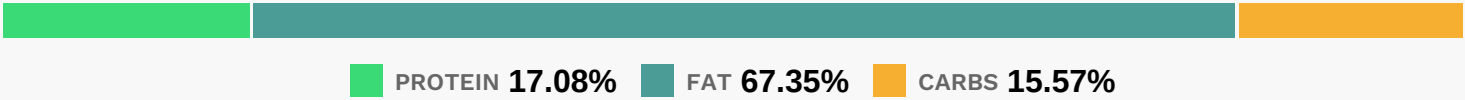
Equipment

- ☐ 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



Properties

Glycemic Index:1.64, Glycemic Load:0.35, Inflammation Score:-1, Nutrition Score:0.70999999927438%

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: 33.86kcal (1.69%), Fat: 2.53g (3.89%), Saturated Fat: 1.33g (8.28%), Carbohydrates: 1.31g (0.44%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.86g (0.96%), Cholesterol: 6.92mg (2.31%), Sodium: 66.15mg (2.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.88%), Vitamin B1: 0.03mg (2.25%), Selenium: 1.23µg (1.76%), Vitamin B3: 0.25mg (1.26%), Phosphorus: 12.54mg (1.25%), Vitamin B6: 0.02mg (1.18%), Vitamin A: 53.4IU (1.07%)