



Prosciutto Wrapped Gorgonzola Stuffed Figs

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



176 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 8 large figs
- ☐ 8 teaspoons gorgonzola dolce blue
- ☐ 8 slices pancetta thinly sliced

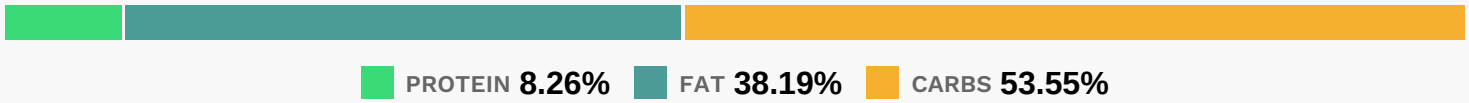
Equipment

- ☐ oven

Directions

- ☐
- Cut slits in the sides of the figs, stuff each with a teaspoon of the gorgonzola and wrap with the prosciutto.
- ☐
- Bake in a preheated 400F oven until the just cheese starts to melt, about 3–5 minutes.

Nutrition Facts



Properties

Glycemic Index:22, Glycemic Load:12.75, Inflammation Score:-3, Nutrition Score:5.3339130904364%

Flavonoids

Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg, Cyanidin: 0.64mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg, Catechin: 2.04mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg, Quercetin: 7mg

Nutrients (% of daily need)

Calories: 175.56kcal (8.78%), Fat: 7.88g (12.13%), Saturated Fat: 2.95g (18.45%), Carbohydrates: 24.87g (8.29%), Net Carbohydrates: 21.16g (7.7%), Sugar: 20.88g (23.2%), Cholesterol: 13.56mg (4.52%), Sodium: 153.2mg (6.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.84g (7.67%), Fiber: 3.71g (14.85%), Vitamin B6: 0.19mg (9.69%), Potassium: 338.88mg (9.68%), Manganese: 0.17mg (8.3%), Vitamin B1: 0.12mg (8.14%), Calcium: 66.72mg (6.67%), Magnesium: 24.6mg (6.15%), Vitamin B3: 1.2mg (5.98%), Vitamin K: 6.11µg (5.82%), Selenium: 4.05µg (5.79%), Phosphorus: 56.44mg (5.64%), Vitamin B2: 0.09mg (5.43%), Vitamin B5: 0.54mg (5.42%), Copper: 0.1mg (4.9%), Vitamin A: 218.2IU (4.36%), Zinc: 0.49mg (3.25%), Vitamin C: 2.56mg (3.1%), Iron: 0.55mg (3.06%), Folate: 9.12µg (2.28%), Vitamin B12: 0.13µg (2.15%), Vitamin E: 0.22mg (1.46%)