



Prosciutto-Wrapped Gorgonzola with Arugula

 Gluten Free

READY IN



45 min.

SERVINGS



60

CALORIES



37 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

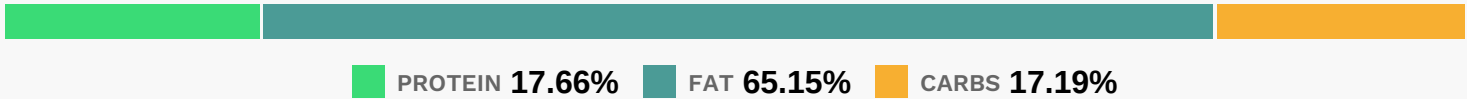
- ☐ 4 cups baby arugula fresh
- ☐ 0.8 cup currants dried
- ☐ 12 ounces gorgonzola crumbled
- ☐ 20 slices pancetta paper-thin

Equipment

Directions

- ☐
- Working with 1 slice of prosciutto at a time, cut prosciutto crosswise into 3 rectangles. Space prosciutto pieces 2 inches apart on work surface. Arrange 3 arugula leaves side by side atop each prosciutto piece, allowing tops to extend 1 inch over 1 long side of prosciutto. Top each with about 1 teaspoon cheese. Press generous 1/2 teaspoon currants into cheese atop each prosciutto piece. Starting at 1 short end of each prosciutto piece, roll up tightly, jelly-roll style.
- ☐
- Transfer to platter. (Can be made 4 hours ahead. Cover rolls tightly and refrigerate.)

Nutrition Facts



Properties

Glycemic Index:1.4, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:1.0991304400175%

Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 36.69kcal (1.83%), Fat: 2.7g (4.15%), Saturated Fat: 1.42g (8.86%), Carbohydrates: 1.6g (0.53%), Net Carbohydrates: 1.5g (0.55%), Sugar: 1.18g (1.31%), Cholesterol: 6.01mg (2%), Sodium: 83.99mg (3.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.29%), Calcium: 33.79mg (3.38%), Phosphorus: 28.26mg (2.83%), Selenium: 1.37µg (1.96%), Vitamin B2: 0.03mg (1.62%), Vitamin K: 1.65µg (1.57%), Vitamin A: 77.2IU (1.54%), Vitamin B12: 0.08µg (1.38%), Zinc: 0.2mg (1.3%), Vitamin B5: 0.12mg (1.19%), Vitamin B6: 0.02mg (1.14%), Potassium: 38.7mg (1.11%)