



Prosciutto-Wrapped Pear Bites



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



22 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups arugula loosely packed
- ☐ 4 slices country ham very thin
- ☐ 1 oz basil fresh
- ☐ 0.3 teaspoon coarsely ground pepper
- ☐ 0.5 cup lemon-lime drink soft
- ☐ 1 pears ripe unpeeled

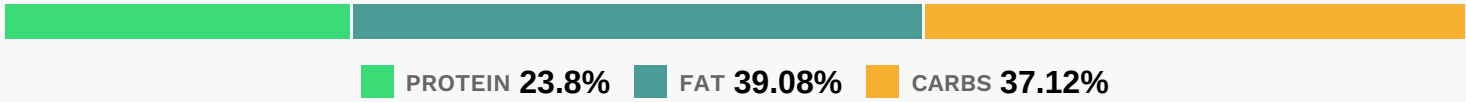
Equipment

- ☐ paper towels

Directions

- ☐ Cut pear into 1/4- to 1/2-inch slices (about 16). Toss together pear slices and lemon-lime soft drink to prevent browning; drain.
- ☐ Place 1 pear slice on top of 3 arugula leaves and 1 to 2 basil leaves.
- ☐ Cut each prosciutto slice lengthwise into 4 strips. Wrap center of each pear bundle with 1 prosciutto strip. Arrange on a serving platter, and sprinkle with pepper.
- ☐ Note: To make ahead, prepare recipe as directed. Cover bites with damp paper towels, and chill 30 minutes.

Nutrition Facts



Properties

Glycemic Index:8.54, Glycemic Load:0.42, Inflammation Score:-1, Nutrition Score:1.3386956660644%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 21.86kcal (1.09%), Fat: 0.97g (1.49%), Saturated Fat: 0.34g (2.12%), Carbohydrates: 2.08g (0.69%), Net Carbohydrates: 1.75g (0.64%), Sugar: 1.5g (1.67%), Cholesterol: 3.47mg (1.16%), Sodium: 67.62mg (2.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.33g (2.66%), Vitamin K: 7.95µg (7.57%), Vitamin B1: 0.04mg (2.39%), Vitamin A: 112.73IU (2.25%), Selenium: 1.29µg (1.84%), Phosphorus: 14.67mg (1.47%), Manganese: 0.03mg (1.47%), Vitamin B3: 0.28mg (1.41%), Vitamin B6: 0.03mg (1.36%), Fiber: 0.33g (1.32%), Zinc: 0.16mg (1.05%), Vitamin C: 0.86mg (1.05%), Potassium: 36.45mg (1.04%), Vitamin B2: 0.02mg (1.01%)