



Prosciutto-Wrapped Pears



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



116 kcal

SIDE DISH

Ingredients

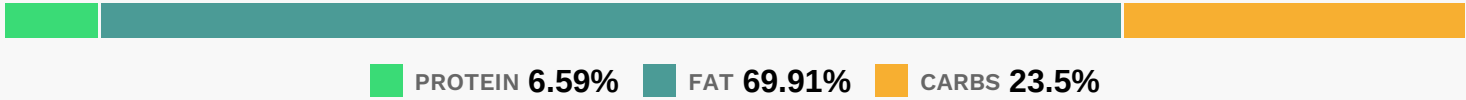
- ☐ 1 pinch kosher salt
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 pears cored cut into 8 wedges and
- ☐ 4 oz pancetta cut in half lengthwise thin
- ☐ 2 teaspoons sherry vinegar

Equipment

Directions

- ☐ Wrap pear wedges with prosciutto and set on a serving plate.
- ☐ Drizzle with oil and vinegar and sprinkle with salt.

Nutrition Facts



Properties

Glycemic Index:4.59, Glycemic Load:1.98, Inflammation Score:-1, Nutrition Score:1.9960869447045%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 115.65kcal (5.78%), Fat: 9.19g (14.14%), Saturated Fat: 2.38g (14.86%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 5.57g (2.03%), Sugar: 4.34g (4.82%), Cholesterol: 9.36mg (3.12%), Sodium: 99.3mg (4.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Fiber: 1.38g (5.52%), Selenium: 2.89µg (4.13%), Vitamin E: 0.62mg (4.12%), Vitamin K: 4.07µg (3.87%), Vitamin B3: 0.64mg (3.21%), Vitamin B1: 0.04mg (2.96%), Phosphorus: 25.85mg (2.59%), Vitamin B6: 0.05mg (2.53%), Vitamin C: 1.92mg (2.33%), Potassium: 80.21mg (2.29%), Copper: 0.04mg (2.13%), Zinc: 0.21mg (1.41%), Vitamin B2: 0.02mg (1.36%), Magnesium: 4.87mg (1.22%), Manganese: 0.02mg (1.18%), Vitamin B12: 0.07µg (1.18%)