



Prosciutto-Wrapped Truffle Fries

 Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



193 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoon flat parsley minced
- ☐ 2 tablespoon parmesan cheese freshly grated plus more for garnish
- ☐ 4 servings vegetable oil; peanut oil preferred as needed for fryer
- ☐ 6 slices pancetta thin
- ☐ 4 servings sea salt and pepper black freshly ground to taste
- ☐ 1 teaspoon truffle oil

Equipment

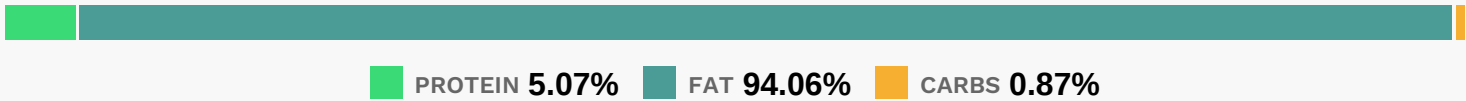
- ☐ bowl

- ☐ paper towels
- ☐ pot
- ☐ kitchen thermometer
- ☐ tongs
- ☐ skimmer

Directions

- ☐ In a large, heavy pot, heat 3 inches of oil over high heat until it registers 375 F on a deep-fat thermometer. In batches, fry the potatoes until golden brown, about 4 minutes. Using a wire skimmer or tongs, transfer potatoes to paper towels to drain.In heatproof bowl, toss hot fries with the half of the parsley and all of the truffle oil.
- ☐ Add the Parmesan and toss once more, taste and season with salt and black pepper.
- ☐ Spread a slice of prosciutto on work surface. Gather small bundle of fries, place fries on prosciutto and gently wrap.
- ☐ Transfer to a serving plate and garnish with the remaining parsley, salt, pepper and more Parmesan, as desired.
- ☐ Serve while warm.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:3.6765216861082%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 193.41kcal (9.67%), Fat: 20.43g (31.43%), Saturated Fat: 4.51g (28.21%), Carbohydrates: 0.42g (0.14%), Net Carbohydrates: 0.33g (0.12%), Sugar: 0.04g (0.04%), Cholesterol: 9.62mg (3.21%), Sodium: 120.65mg (5.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Vitamin K: 33.71µg (32.1%), Vitamin E: 2.42mg

(16.1%), Selenium: 2.98µg (4.26%), Vitamin A: 192.99IU (3.86%), Phosphorus: 35.95mg (3.59%), Calcium: 33.41mg (3.34%), Vitamin C: 2.66mg (3.22%), Vitamin B3: 0.52mg (2.58%), Vitamin B1: 0.04mg (2.39%), Vitamin B6: 0.04mg (1.81%), Zinc: 0.23mg (1.56%), Vitamin B12: 0.09µg (1.5%), Vitamin B2: 0.02mg (1.19%), Iron: 0.21mg (1.18%), Potassium: 38.48mg (1.1%)