



Ricotta, fig & prosciutto crostini

READY IN



25 min.

SERVINGS



6

CALORIES



384 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 slices sourdough bread
- ☐ 6 servings olive oil for drizzling
- ☐ 0.5 ricotta cheese
- ☐ 3 large figs thinly sliced
- ☐ 90 g pancetta

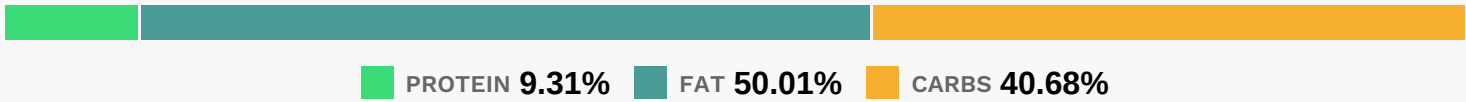
Equipment

- ☐ frying pan
- ☐ grill

Directions

- ☐ Heat a griddle pan to hot.
- ☐ Brush sourdough with olive oil, then grill for 1–2 mins on each side until lightly charred.
- ☐ Spread the toasts with ricotta. Top with figs and prosciutto.
- ☐ Drizzle with honey before serving, if you like.

Nutrition Facts



Properties

Glycemic Index:28.08, Glycemic Load:28.79, Inflammation Score:-4, Nutrition Score:10.571304410696%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg

Nutrients (% of daily need)

Calories: 384.21kcal (19.21%), Fat: 21.61g (33.24%), Saturated Fat: 4.29g (26.82%), Carbohydrates: 39.55g (13.18%), Net Carbohydrates: 37.22g (13.53%), Sugar: 8.17g (9.08%), Cholesterol: 9.94mg (3.31%), Sodium: 485.25mg (21.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.05g (18.11%), Vitamin B1: 0.51mg (34.33%), Selenium: 21.4µg (30.56%), Folate: 80.65µg (20.16%), Vitamin B3: 3.82mg (19.08%), Manganese: 0.38mg (18.9%), Vitamin B2: 0.3mg (17.74%), Iron: 2.76mg (15.34%), Vitamin E: 2.25mg (15%), Vitamin K: 10.38µg (9.89%), Phosphorus: 93.41mg (9.34%), Fiber: 2.34g (9.34%), Vitamin B6: 0.14mg (7.23%), Magnesium: 27.73mg (6.93%), Copper: 0.13mg (6.3%), Zinc: 0.89mg (5.94%), Potassium: 179.05mg (5.12%), Calcium: 45.54mg (4.55%), Vitamin B5: 0.39mg (3.93%), Vitamin B12: 0.08µg (1.25%), Vitamin A: 51.36IU (1.03%)