



Savory Radicchio and Prosciutto Crostini Topped with Sweet Syrupy Sapa

READY IN



45 min.

SERVINGS



4

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 servings bread
- 1 clove garlic
- 1 olive oil
- 2 slices pancetta
- 1 Head radicchio thinly
- 4 servings salt and pepper
- 1 slices optional - few of cheese - we use sheep's milk soft (pecorino)
- 1 can balsamic vinegar with a tiny bit of honey

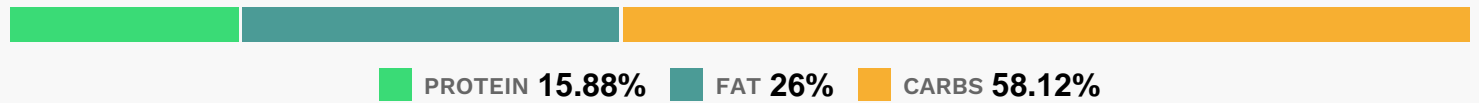
Equipment

frying pan

Directions

- In a pan, heat the olive oil on low heat, add in the clove of garlic. Cook until lightly brown on all sides. Turn up the heat, rough chop your head of radicchio, removing the core and cook down for a couple of minutes until the radicchio wilts. Turn the heat down, chop up your prosciutto or bacon and add to the pan. You want to render the fat of this slowly – if you have the heat too high, the pork will crisp up & become chewy – you don't want this with the soft radicchio. Allow to cook until most of the moisture in the pan has cooked out. The radicchio & pork should still be soft. Season with salt & pepper.
- Remove the clove of garlic and drizzle over the sapa or balsamic & honey mixture. Check your seasonings. Toast the bread, top with a slice of pecorino then a spoonful of the mixture and serve immediately. Goes great with a glass of red wine.

Nutrition Facts



Properties

Glycemic Index: 41.42, Glycemic Load: 7.24, Inflammation Score: -5, Nutrition Score: 11.525217391304%

Flavonoids

Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg, Cyanidin: 88.89mg Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg Luteolin: 26.59mg, Luteolin: 26.59mg, Luteolin: 26.59mg, Luteolin: 26.59mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 22.07mg, Quercetin: 22.07mg, Quercetin: 22.07mg, Quercetin: 22.07mg

Taste

Sweetness: 22.26%, Saltiness: 100%, Sourness: 45.45%, Bitterness: 85.31%, Savoriness: 42.49%, Fattiness: 49.76%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 113.71kcal (5.69%), Fat: 3.34g (5.14%), Saturated Fat: 0.84g (5.23%), Carbohydrates: 16.79g (5.6%), Net Carbohydrates: 15.02g (5.46%), Sugar: 2.07g (2.3%), Cholesterol: 2.86mg (0.95%), Sodium: 371.15mg (16.14%), Protein: 4.59g (9.17%), Vitamin K: 180.04µg (171.47%), Manganese: 0.44mg (22.21%), Folate: 65.9µg (16.48%),

Copper: 0.28mg (14.22%), Selenium: 9.64µg (13.77%), Vitamin E: 1.69mg (11.26%), Vitamin B3: 1.91mg (9.56%),
Vitamin B1: 0.14mg (9.28%), Iron: 1.44mg (8.01%), Potassium: 262.29mg (7.49%), Phosphorus: 71.92mg (7.19%),
Vitamin C: 5.89mg (7.14%), Fiber: 1.77g (7.06%), Vitamin B2: 0.1mg (5.67%), Magnesium: 21.33mg (5.33%), Zinc:
0.79mg (5.26%), Calcium: 51.28mg (5.13%), Vitamin B6: 0.09mg (4.6%), Vitamin B5: 0.45mg (4.47%)