



Skewered Mozzarella Balls in Romaine

 Gluten Free

READY IN



86 min.

SERVINGS



4

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 8 ounce mozzarella cheese fresh cut into small cubes
- ☐ 1 teaspoon garlic fresh minced
- ☐ 4 ounces oil-packed sun-dried tomatoes julienned
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup pancetta diced
- ☐ 4 large very romaine leaves
- ☐ 4 servings gray salt and pepper black freshly ground

☐ 12 skewers for 1 hour

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Equipment

☐ bowl

☐ pot

☐ grill

☐ broiler

☐ skewers

Directions

☐ Preheat outdoor grill to medium heat or preheat broiler.

☐ Bring a pot of salted water to a boil. Blanch the romaine in the salted water for about 30 seconds, or until the central rib is just tender enough to bend.

☐ Remove and plunge into ice water to stop the cooking.

☐ Drain and pat dry.

☐ Lay romaine leaves out on a counter, outer rib side down.

☐ Cut out the wide rib section, or flatten it with your hands.

☐ Place a piece of cheese in the middle of each leaf. Top with about 1 tablespoon of the prosciutto. Season with salt and pepper. Make a neat package by folding the leaves around the cheese like an envelope.

☐ Place them seam side down. Run a skewers through each package.

☐ Brush each with olive oil. Refrigerate if not grilling immediately.

☐ Grill cheese packages over medium heat or broil about 4 inches from the heat. Cook 2 to 3 minutes and turn over. The cheese should begin to weep. Cook another 1 to 2 minutes or until the packets are lightly browned. Top with Sun-dried Tomato Dressing and serve.

☐ In a bowl, mix the sun-dried tomatoes and their oil, vinegar and garlic. Season with salt and pepper.

Nutrition Facts



 PROTEIN **21.02%**  FAT **57.62%**  CARBS **21.36%**

Properties

Glycemic Index:42.25, Glycemic Load:4.46, Inflammation Score:-9, Nutrition Score:20.560869533083%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 345.49kcal (17.27%), Fat: 22.97g (35.34%), Saturated Fat: 10.04g (62.75%), Carbohydrates: 19.16g (6.39%), Net Carbohydrates: 15.05g (5.47%), Sugar: 12.18g (13.54%), Cholesterol: 54.55mg (18.18%), Sodium: 487.1mg (21.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.86g (37.71%), Vitamin A: 3075.95IU (61.52%), Vitamin K: 44.48µg (42.36%), Phosphorus: 333.4mg (33.34%), Calcium: 330.41mg (33.04%), Potassium: 1122.77mg (32.08%), Manganese: 0.62mg (30.8%), Vitamin B12: 1.37µg (22.78%), Copper: 0.43mg (21.65%), Selenium: 14.39µg (20.56%), Vitamin B2: 0.33mg (19.46%), Magnesium: 72.87mg (18.22%), Iron: 3.23mg (17.94%), Vitamin B3: 3.31mg (16.57%), Zinc: 2.47mg (16.48%), Fiber: 4.12g (16.46%), Folate: 61.37µg (15.34%), Vitamin B1: 0.23mg (15.28%), Vitamin C: 12.47mg (15.11%), Vitamin B6: 0.18mg (9.24%), Vitamin B5: 0.8mg (7.99%), Vitamin E: 0.72mg (4.77%), Vitamin D: 0.29µg (1.91%)