



Tomato-Prosciutto Biscuit



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



279 kcal

Ingredients

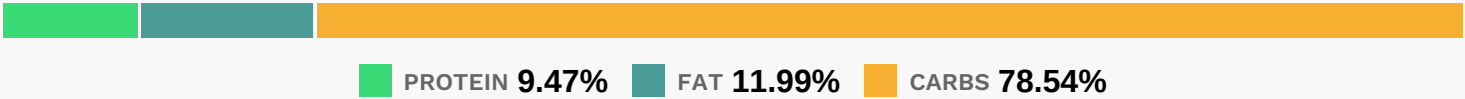
- ☐ 1 serving bell pepper
- ☐ 1 serving pancetta
- ☐ 1 sweet potato biscuit
- ☐ 1 serving tomato chutney sweet

Equipment

Directions

- ☐ Place Sweet Tomato Chutney, prosciutto, and pepper on a Sweet Potato Biscuit.

Nutrition Facts



Properties

Glycemic Index:128, Glycemic Load:25.22, Inflammation Score:-10, Nutrition Score:26.086087015012%

Flavonoids

Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg, Naringenin: 1.22mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 279.49kcal (13.97%), Fat: 3.87g (5.96%), Saturated Fat: 1.2g (7.49%), Carbohydrates: 57.07g (19.02%), Net Carbohydrates: 46.56g (16.93%), Sugar: 17.31g (19.23%), Cholesterol: 5.28mg (1.76%), Sodium: 189.24mg (8.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.88g (13.76%), Vitamin A: 35897.57IU (717.95%), Vitamin C: 125.44mg (152.05%), Manganese: 0.87mg (43.63%), Vitamin B6: 0.85mg (42.72%), Fiber: 10.5g (42.02%), Potassium: 1361.26mg (38.89%), Copper: 0.46mg (23.17%), Vitamin B5: 2.25mg (22.49%), Magnesium: 86.2mg (21.55%), Folate: 86.13µg (21.53%), Vitamin K: 21.94µg (20.89%), Vitamin B1: 0.31mg (20.35%), Vitamin E: 2.77mg (18.47%), Phosphorus: 180.31mg (18.03%), Vitamin B3: 3.38mg (16.9%), Vitamin B2: 0.24mg (14.23%), Iron: 2.22mg (12.32%), Calcium: 91.42mg (9.14%), Zinc: 1.26mg (8.43%), Selenium: 3.04µg (4.34%)