

Prosciutto Breadsticks

What's Cooking II
North American Institute of Modern Cuisine

Servings: 24

24 very thin slices of Prosciutto ham
2 tablespoons Dijon mustard
24 sesame breadsticks

Spread each slice of Prosciutto with a very thin coat of mustard.

Mustard side facing in, tightly roll the ham slices around the breadsticks, so the ham will not come loose. Serve.

Per Serving (excluding unknown items): 1 Calories; trace Fat (47.2% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 16mg Sodium. Exchanges: 0 Lean Meat; 0 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1	Vitamin B6 (mg):	trace
% Calories from Fat:	47.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	30.5%	Thiamin B1 (mg):	trace
% Calories from Protein:	22.3%	Riboflavin B2 (mg):	0mg
Total Fat (g):	trace	Folacin (mcg):	trace
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	trace	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	16mg	Vegetable:	0
Potassium (mg):	2mg	Fruit:	0
Calcium (mg):	1mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0

Vitamin C (mg): 0mg
Vitamin A (i.u.): 0IU
Vitamin A (r.e.): 0RE

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories 1 Calories from Fat: 0

% Daily Values*

Total Fat trace	0%
Saturated Fat trace	0%
Cholesterol 0mg	0%
Sodium 16mg	1%
Total Carbohydrates trace	0%
Dietary Fiber trace	0%
Protein trace	
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Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	0%

* Percent Daily Values are based on a 2000 calorie diet.