



Arugula Salad with Melon and Prosciutto



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



113 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



4 cups arugula



1 tablespoon balsamic vinegar



1 cup cantaloupe peeled thinly sliced



0.5 teaspoon dijon mustard



1 tablespoon olive oil extra-virgin



2 ounces pancetta thinly sliced

Equipment



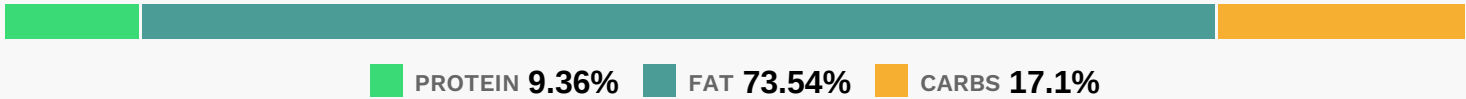
bowl

☐ whisk

Directions

- ☐ Place olive oil, balsamic vinegar, and Dijon mustard in a medium bowl, stirring with a whisk until well combined.
- ☐ Add arugula to oil mixture; toss to coat greens. Top arugula mixture with cantaloupe and prosciutto.

Nutrition Facts



Properties

Glycemic Index:45.38, Glycemic Load:2.46, Inflammation Score:-8, Nutrition Score:5.9582608264426%

Flavonoids

Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg Kaempferol: 7.01mg, Kaempferol: 7.01mg, Kaempferol: 7.01mg, Kaempferol: 7.01mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 112.55kcal (5.63%), Fat: 9.35g (14.39%), Saturated Fat: 2.41g (15.04%), Carbohydrates: 4.89g (1.63%), Net Carbohydrates: 4.22g (1.54%), Sugar: 4.17g (4.63%), Cholesterol: 9.36mg (3.12%), Sodium: 119.1mg (5.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.68g (5.36%), Vitamin A: 1833.09IU (36.66%), Vitamin K: 25µg (23.81%), Vitamin C: 7.36mg (8.92%), Folate: 25.04µg (6.26%), Selenium: 3.8µg (5.43%), Potassium: 170.12mg (4.86%), Vitamin B1: 0.07mg (4.58%), Vitamin B3: 0.91mg (4.56%), Manganese: 0.09mg (4.5%), Vitamin E: 0.67mg (4.49%), Magnesium: 17.08mg (4.27%), Phosphorus: 39.05mg (3.9%), Calcium: 37.82mg (3.78%), Vitamin B6: 0.07mg (3.44%), Iron: 0.56mg (3.11%), Zinc: 0.44mg (2.96%), Copper: 0.06mg (2.83%), Fiber: 0.67g (2.67%), Vitamin B2: 0.04mg (2.35%), Vitamin B5: 0.21mg (2.1%), Vitamin B12: 0.07µg (1.18%)