



Blueberry and Prosciutto Salad

 Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



393 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4.5 oz lightly baby greens mixed packed
- ☐ 1 cup blueberries
- ☐ 1 tablespoon champagne vinegar
- ☐ 6 ounces goat cheese fresh divided
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup olive oil divided
- ☐ 4 oz pancetta

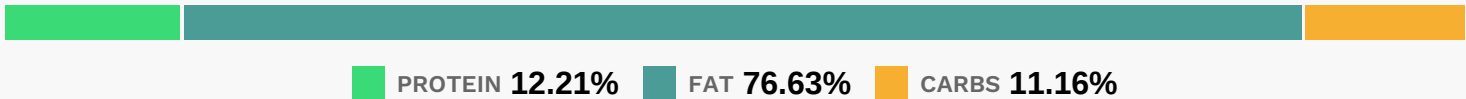
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Lay 2 slices prosciutto on each of 4 dinner plates. In a large bowl, whisk together 3 tbsp. oil, the vinegar, honey, and salt.
- ☐ Add greens and blueberries and toss gently to coat. Arrange a quarter of salad mixture on each serving of prosciutto.
- ☐ Heat remaining 1 tbsp. oil in a small nonstick frying pan over medium heat. Put cheese in pan, leaving 1 in. between portions. Cook until warm and starting to brown on the bottom, about 4 minutes. Use a wide spatula to transfer cheese to the top of each salad.

Nutrition Facts



Properties

Glycemic Index:23.07, Glycemic Load:4.05, Inflammation Score:-6, Nutrition Score:8.9682608428209%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 392.69kcal (19.63%), Fat: 33.86g (52.09%), Saturated Fat: 11.84g (74.02%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 10.19g (3.71%), Sugar: 8.37g (9.3%), Cholesterol: 38.27mg (12.76%), Sodium: 644.29mg (28.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.14g (24.29%), Copper: 0.36mg (18.14%), Phosphorus: 167.07mg (16.71%), Vitamin A: 832.05IU (16.64%), Vitamin E: 2.35mg (15.69%), Vitamin K: 16.03µg (15.27%), Vitamin C: 11.03mg (13.37%), Vitamin B2: 0.22mg (12.8%), Vitamin B6: 0.23mg (11.39%), Manganese: 0.22mg (11.18%), Selenium: 7.1µg (10.14%), Vitamin B1: 0.13mg (8.75%), Vitamin B3: 1.66mg (8.3%), Iron: 1.35mg (7.48%), Calcium: 68.17mg (6.82%), Zinc: 0.87mg (5.77%), Vitamin B5: 0.53mg (5.34%), Folate: 19.23µg (4.81%), Potassium: 154.92mg (4.43%), Magnesium: 16.2mg (4.05%), Vitamin B12: 0.22µg (3.71%), Fiber: 0.9g (3.59%), Vitamin D: 0.28µg (1.89%)