



WHATSheATE



Brochettes of Melon, Prosciutto, and Fresh Mozzarella

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



190 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup basil fresh packed for garnish ()
- ☐ 2 pound cantaloupe peeled halved seeded cut into 6 wedges,
- ☐ 6 small baby mozzarella balls fresh drained
- ☐ 0.5 cup olive oil
- ☐ 6 slices pancetta cut in half lengthwise, gathered into ruffle thin
- ☐ 1 medium shallots quartered

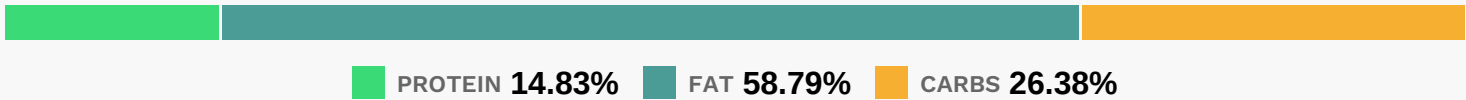
Equipment

☐ skewers

Directions

- ☐ Using on/off turns, puree olive oil, 1/3 cup basil, and shallot in processor until basil and shallot are finely chopped.
- ☐ Cut each cantaloupe wedge crosswise in half. If using large mozzarella ball, trim and cut into 6 cubes. Alternate 1 melon piece, 1 piece ruffled prosciutto, 1 mozzarella ball or cube, 1 more prosciutto piece, and 1 more melon piece on each skewer. (Can be prepared 2 hours ahead; cover and refrigerate. Bring to room temperature 15 minutes before serving.)
- ☐ Arrange skewers on platter.
- ☐ Drizzle with basil oil and sprinkle with cracked black pepper.
- ☐ Garnish with basil sprigs.
- ☐ *Available at Italian markets, cheese shops, and some supermarkets.

Nutrition Facts



Properties

Glycemic Index:27.92, Glycemic Load:7.69, Inflammation Score:-10, Nutrition Score:9.9121739508017%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 189.9kcal (9.49%), Fat: 13.05g (20.08%), Saturated Fat: 3.63g (22.67%), Carbohydrates: 13.18g (4.39%), Net Carbohydrates: 11.81g (4.29%), Sugar: 12.25g (13.61%), Cholesterol: 15.36mg (5.12%), Sodium: 118.82mg (5.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.82%), Vitamin A: 5186.96IU (103.74%), Vitamin C: 17.05mg (20.67%), Calcium: 117.93mg (11.79%), Vitamin K: 11.82µg (11.25%), Potassium: 271.11mg (7.75%), Copper: 0.14mg (7.03%), Vitamin B3: 1.39mg (6.96%), Vitamin B1: 0.1mg (6.61%), Selenium: 4.23µg (6.05%), Folate: 23.49µg (5.87%), Magnesium: 22.34mg (5.59%), Fiber: 1.36g (5.46%), Zinc: 0.79mg (5.25%), Vitamin B6: 0.1mg (4.91%), Manganese: 0.09mg (4.52%), Vitamin E: 0.64mg (4.27%), Phosphorus: 40.47mg (4.05%), Iron: 0.72mg (4%), Vitamin B2: 0.05mg (2.89%), Vitamin B5: 0.22mg (2.18%)