



Cantaloupe and Mozzarella with Prosciutto and Basil

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



320 kcal

SIDE DISH

Ingredients

- 1 cantaloupe halved seeded
- 0.8 pound baby mozzarella balls fresh (bite-size mozzarella balls)
- 2 tablespoons olive oil extra virgin extra-virgin
- 0.3 teaspoon pepper
- 1 serving coarse mustard
- 0.3 pound pancetta thinly sliced
- 0.3 cup basil fresh

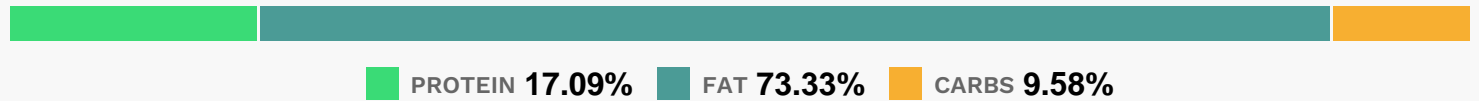
Equipment

- bowl
- melon baller

Directions

- With a large melon baller, scoop melon flesh into a large bowl (or cut into bite-size pieces).
- Add bocconcini, oil, and red-pepper flakes; season with salt and pepper and stir to combine. Arrange prosciutto along edges of a large serving platter. Stir basil into melon mixture, transfer to center of platter, and serve.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:4.58, Inflammation Score:-9, Nutrition Score:8.2278260122175%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 320.34kcal (16.02%), Fat: 27.01g (41.56%), Saturated Fat: 8.07g (50.45%), Carbohydrates: 7.94g (2.65%), Net Carbohydrates: 7.13g (2.59%), Sugar: 7.27g (8.08%), Cholesterol: 37.04mg (12.35%), Sodium: 245.34mg (10.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.16g (28.32%), Vitamin A: 3198.81IU (63.98%), Calcium: 214.63mg (21.46%), Vitamin C: 10.21mg (12.38%), Selenium: 6.93µg (9.9%), Vitamin K: 9.54µg (9.09%), Vitamin B3: 1.68mg (8.38%), Vitamin B1: 0.12mg (7.78%), Vitamin E: 0.87mg (5.79%), Potassium: 200.21mg (5.72%), Vitamin B6: 0.11mg (5.39%), Phosphorus: 53.64mg (5.36%), Zinc: 0.72mg (4.79%), Copper: 0.09mg (4.7%), Magnesium: 16.15mg (4.04%), Folate: 13.64µg (3.41%), Fiber: 0.82g (3.27%), Iron: 0.54mg (2.99%), Manganese: 0.06mg (2.84%), Vitamin B2: 0.05mg (2.78%), Vitamin B5: 0.24mg (2.42%), Vitamin B12: 0.13µg (2.1%)