



Cantaloupe and Prosciutto Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



253 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 oz baby arugula loosely packed
- 0.1 teaspoon pepper black freshly ground
- 0.3 cantaloupe ripe peeled thinly sliced
- 0.5 juice of lemon fresh
- 0.1 teaspoon kosher salt
- 3 tablespoons olive oil extra-virgin
- 2 ounces parmesan cheese shaved
- 3 oz pancetta thinly sliced

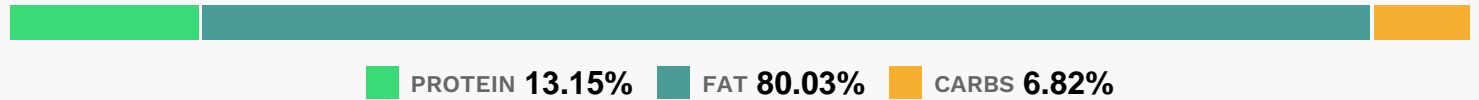
Equipment

bowl

Directions

In a large bowl, gently toss lemon juice, oil, arugula, cantaloupe, prosciutto, salt, and pepper. Top with parmesan.

Nutrition Facts



Properties

Glycemic Index:39.63, Glycemic Load:1.94, Inflammation Score:-8, Nutrition Score:7.950434912806%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg, Isorhamnetin: 0.61mg Kaempferol: 4.97mg, Kaempferol: 4.97mg, Kaempferol: 4.97mg, Kaempferol: 4.97mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 253.3kcal (12.67%), Fat: 22.77g (35.03%), Saturated Fat: 6.63g (41.46%), Carbohydrates: 4.36g (1.45%), Net Carbohydrates: 3.83g (1.39%), Sugar: 3.22g (3.57%), Cholesterol: 23.67mg (7.89%), Sodium: 454.94mg (19.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.42g (16.84%), Vitamin A: 1622.3IU (32.45%), Vitamin K: 23.05µg (21.95%), Calcium: 195.33mg (19.53%), Phosphorus: 142.63mg (14.26%), Selenium: 8.1µg (11.57%), Vitamin E: 1.72mg (11.46%), Vitamin C: 7.34mg (8.89%), Vitamin B3: 1.18mg (5.9%), Vitamin B1: 0.09mg (5.89%), Zinc: 0.86mg (5.75%), Vitamin B2: 0.09mg (5.09%), Folate: 20.33µg (5.08%), Magnesium: 20.27mg (5.07%), Vitamin B6: 0.1mg (4.78%), Potassium: 166.42mg (4.75%), Vitamin B12: 0.28µg (4.61%), Manganese: 0.07mg (3.67%), Iron: 0.61mg (3.39%), Vitamin B5: 0.29mg (2.86%), Copper: 0.06mg (2.75%), Fiber: 0.53g (2.12%), Vitamin D: 0.16µg (1.04%)