



Cantaloupe and Prosciutto with Basil Oil

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



464 kcal

SIDE DISH

Ingredients

- ☐ 1 cantaloupe
- ☐ 0.5 cup basil fresh packed
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons pinenuts
- ☐ 0.5 pound pancetta thinly sliced
- ☐ 0.3 cup pecorino crumbled

Equipment

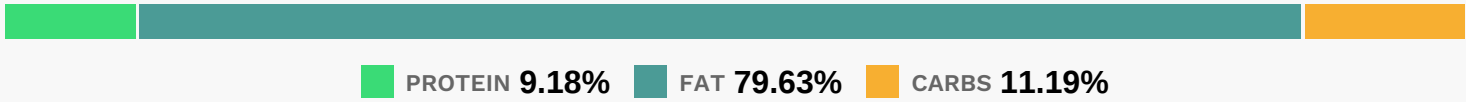
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ sieve
- ☐ blender

Directions

- ☐ Preheat oven to 375°F.
- ☐ On a baking sheet toast pine nuts until golden, about 5 minutes, and cool. In a blender purée basil with oil until basil is minced.
- ☐ Pour purée through a very fine sieve into a bowl, pressing hard on solids, and discard solids.
- ☐ Halve and seed cantaloupe.
- ☐ Cut melon into 1/4-inch-thick wedges and discard rind.
- ☐ Spoon basil oil onto 4 plates. Arrange melon decoratively over oil and top with prosciutto.
- ☐ Sprinkle melon and prosciutto with pine nuts and cheese.

Nutrition Facts



Properties

Glycemic Index:41.13, Glycemic Load:7.01, Inflammation Score:-10, Nutrition Score:15.677391269933%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 464.01kcal (23.2%), Fat: 41.7g (64.16%), Saturated Fat: 11g (68.78%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 11.86g (4.31%), Sugar: 11.1g (12.34%), Cholesterol: 45.33mg (15.11%), Sodium: 430.26mg (18.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.81g (21.62%), Vitamin A: 4916.81IU (98.34%), Manganese: 0.54mg (26.91%), Vitamin K: 27.17µg (25.87%), Selenium: 16.03µg (22.91%), Vitamin C: 15.62mg (18.94%), Vitamin E: 2.76mg (18.43%), Vitamin B3: 3.5mg (17.5%), Vitamin B1: 0.25mg (16.36%), Phosphorus: 160.03mg (16%), Zinc: 1.8mg (12.02%), Vitamin B6: 0.22mg (11.1%), Copper: 0.22mg (11.1%), Potassium: 384.03mg (10.97%), Magnesium: 40.92mg (10.23%), Vitamin B2: 0.13mg (7.47%), Iron: 1.26mg (7.02%), Folate: 24.92µg (6.23%), Vitamin B12: 0.34µg (5.6%),

Calcium: 53.58mg (5.36%), Fiber: 1.34g (5.35%), Vitamin B5: 0.51mg (5.15%), Vitamin D: 0.26µg (1.72%)