



Cook the Book: Prosciutto and Melon with Spiced Olive Oil



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



244 kcal

SIDE DISH

Ingredients

- ☐ 4 servings basil fresh for garnish
- ☐ 1 cantaloupe seeded cut into 1-inch cubes
- ☐ 4 servings olive oil extra virgin extra-virgin
- ☐ 6 slices pancetta
- ☐ 3 bell pepper fresh red (serrano, baby pepper, Jingle Bell)

Equipment

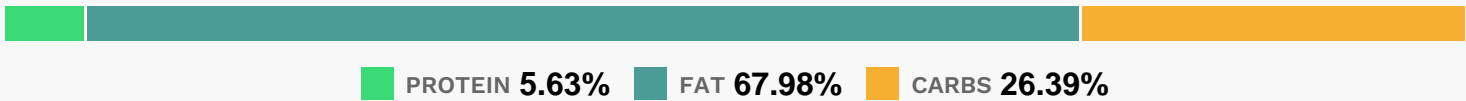
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ aluminum foil

Directions

- ☐ Rinse and dry the chiles, and then score each pepper 3 times with a paring knife.
- ☐ Place them in a glass jar, fill the jar with olive oil, and set the jar in direct sunlight for a few hours. (Or if you want to use the oil immediately, warm it over a medium-low flame for 10 minutes.) The spiced olive oil can be stored, covered, in a cool dark place for up to 1 week.
- ☐ Preheat the oven to 300°F.
- ☐ Arrange the prosciutto slices in a single layer on a foil-lined baking sheet.
- ☐ Bake in the oven until the prosciutto has darkened in color and smells like bacon, 6 to 8 minutes. Set aside to cool.
- ☐ When the prosciutto is cool enough to handle, crumble it into bits.
- ☐ Drizzle 1/4 cup of the spiced olive oil over the melon cubes in a bowl, and toss to coat. (You could chill the melon at this point.) To serve, divide the melon among four plates.
- ☐ Sprinkle each portion with an equal amount of the crumbled prosciutto, and garnish with 2 or 3 fresh basil leaves.

Nutrition Facts



Properties

Glycemic Index:42.38, Glycemic Load:7.99, Inflammation Score:-10, Nutrition Score:17.070434811323%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 244.38kcal (12.22%), Fat: 19.29g (29.68%), Saturated Fat: 3.65g (22.82%), Carbohydrates: 16.85g (5.62%), Net Carbohydrates: 13.84g (5.03%), Sugar: 14.63g (16.25%), Cholesterol: 7.92mg (2.64%), Sodium: 124.77mg (5.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.59g (7.19%), Vitamin C: 129.64mg (157.14%), Vitamin A: 7571.52IU (151.43%), Vitamin E: 3.56mg (23.75%), Vitamin K: 24.83µg (23.65%), Vitamin B6: 0.35mg (17.5%), Folate: 61.74µg (15.43%), Potassium: 434.78mg (12.42%), Fiber: 3.01g (12.04%), Vitamin B3: 2.33mg (11.66%), Vitamin B1: 0.15mg (9.97%), Manganese: 0.18mg (9.04%), Magnesium: 31.37mg (7.84%), Vitamin B2: 0.12mg (7.32%), Copper: 0.15mg (7.26%), Selenium: 4.85µg (6.93%), Zinc: 0.99mg (6.59%), Phosphorus: 65.07mg (6.51%), Iron: 1.1mg (6.11%), Vitamin B5: 0.5mg (4.99%), Calcium: 22.95mg (2.29%)