



Crisp prosciutto, pea & mozzarella salad with mint vinaigrette

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



487 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 4 slices pancetta
- ☐ 100 g peas fresh
- ☐ 1 ball buffalo mozzarella cheese
- ☐ 0.5 juice orange
- ☐ 1 tbsp olive oil
- ☐ 1 small handful mint leaves finely chopped

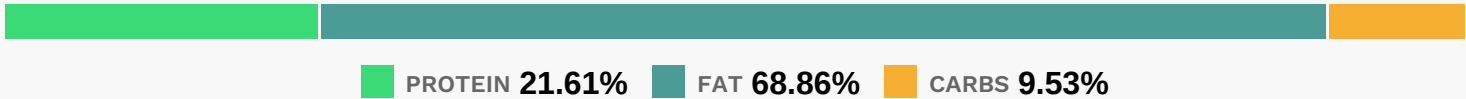
Equipment

☐ frying pan

Directions

- ☐ Heat a frying pan. Without adding any oil, fry the prosciutto slices until wrinkled and crisp.
- ☐ Place on a sheet of kitchen roll, leave to cool, break into large shards, then set aside.
- ☐ Boil the peas in a pan of salted water for 2 mins until just tender. Meanwhile, mix all the vinaigrette ingredients together, season, then set aside. If making ahead, do not add the chopped mint until ready to serve, as it will discolour. When the peas are cooked, drain, then run them under cold water until completely cool. Pat dry with kitchen paper.
- ☐ To serve, divide the mozzarella between 2 plates, scatter the peas over and sit the prosciutto shards on top.
- ☐ Drizzle the dressing over and around, and scatter with the mint leaves.

Nutrition Facts



Properties

Glycemic Index:48.17, Glycemic Load:2.72, Inflammation Score:-9, Nutrition Score:15.26999979693%

Flavonoids

Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg, Eriodictyol: 0.64mg Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 486.87kcal (24.34%), Fat: 37.37g (57.5%), Saturated Fat: 17.92g (111.98%), Carbohydrates: 11.64g (3.88%), Net Carbohydrates: 8.6g (3.13%), Sugar: 5.1g (5.67%), Cholesterol: 96.44mg (32.15%), Sodium: 571.5mg (24.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.39g (52.78%), Calcium: 2539.78mg (253.98%), Vitamin A: 3836.88IU (76.74%), Vitamin C: 28.14mg (34.1%), Vitamin K: 16.63µg (15.84%), Vitamin B1: 0.19mg (12.82%), Fiber: 3.04g (12.16%), Manganese: 0.23mg (11.62%), Folate: 39.28µg (9.82%), Vitamin B3: 1.78mg (8.91%), Phosphorus: 81.05mg (8.11%), Iron: 1.42mg (7.91%), Potassium: 269.71mg (7.71%), Vitamin E: 1.15mg (7.65%), Vitamin B6: 0.14mg (6.78%), Selenium: 4.13µg (5.9%), Zinc: 0.84mg (5.59%), Magnesium: 21.67mg (5.42%), Copper: 0.11mg (5.39%), Vitamin B2: 0.09mg (5.22%), Vitamin B5: 0.18mg (1.76%), Vitamin B12: 0.08µg (1.33%)