



Crispy Prosciutto and Orange Salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



429 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 4 cups arugula
- 2 tablespoons champagne
- 0.8 cup goat cheese crumbled (goat)
- 4 dates pitted quartered
- 12 dates pitted chopped
- 1 tablespoon honey
- 3 tablespoons olive oil
- 2 tablespoons orange juice

- 2 cranberry-orange relish peeled
- 4 slices pancetta
- 0.3 cup slivered almonds toasted

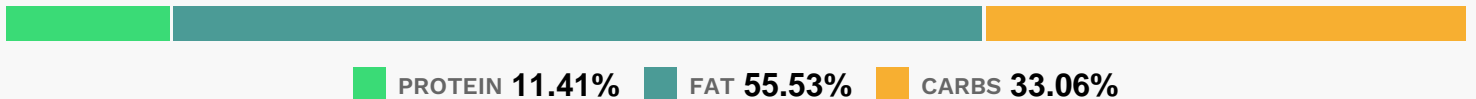
Equipment

- bowl
- oven
- whisk
- baking pan

Directions

- Heat oven to 350F. In small bowl, beat vinaigrette ingredients with whisk until well blended; set aside.
- Place prosciutto on rack in baking pan with sides.
- Bake 7 to 10 minutes or until crisp.
- Remove from oven.
- Meanwhile, toss arugula with vinaigrette.
- To make each salad, place 1 cup arugula on serving plate.
- Sprinkle with cheese and almonds. Arrange orange sections in circle on top.
- Sprinkle with chopped dates.
- Place 1 crisp prosciutto slice on top. Arrange 4 date quarters around edge of plate.

Nutrition Facts



Properties

Glycemic Index:73.19, Glycemic Load:15.29, Inflammation Score:-8, Nutrition Score:15.705217294071%

Flavonoids

Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg, Cyanidin: 0.7mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 18.86mg, Hesperetin: 18.86mg, Hesperetin: 18.86mg, Hesperetin: 18.86mg Naringenin: 10.26mg, Naringenin: 10.26mg, Naringenin: 10.26mg, Naringenin: 10.26mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 7.1mg, Kaempferol: 7.1mg, Kaempferol: 7.1mg, Kaempferol: 7.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 428.86kcal (21.44%), Fat: 27.48g (42.27%), Saturated Fat: 9.1g (56.85%), Carbohydrates: 36.8g (12.27%), Net Carbohydrates: 31.52g (11.46%), Sugar: 30.17g (33.52%), Cholesterol: 24.86mg (8.29%), Sodium: 216.67mg (9.42%), Alcohol: 0.48g (100%), Alcohol %: 0.3% (100%), Protein: 12.7g (25.4%), Vitamin C: 42.23mg (51.19%), Vitamin K: 29.65µg (28.24%), Vitamin E: 4.15mg (27.66%), Copper: 0.52mg (25.82%), Vitamin A: 1084.5IU (21.69%), Fiber: 5.28g (21.14%), Manganese: 0.41mg (20.42%), Phosphorus: 203.48mg (20.35%), Vitamin B2: 0.34mg (19.88%), Calcium: 155.35mg (15.53%), Magnesium: 61.85mg (15.46%), Potassium: 495.35mg (14.15%), Folate: 56.17µg (14.04%), Vitamin B6: 0.25mg (12.31%), Iron: 1.95mg (10.81%), Vitamin B1: 0.16mg (10.55%), Vitamin B5: 0.81mg (8.12%), Vitamin B3: 1.48mg (7.4%), Zinc: 1.01mg (6.73%), Selenium: 4.46µg (6.37%), Vitamin B12: 0.12µg (2.01%), Vitamin D: 0.2µg (1.35%)