



## Grilled Asparagus and Melon Salad

 Gluten Free

READY IN



32 min.

SERVINGS



6

CALORIES



147 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 pound asparagus trimmed
- 4 ounces burrata cheese fresh cut into 3/4-inch cubes
- 6 servings kosher salt and pepper black freshly ground
- 2 tablespoons juice of lemon fresh
- 2 teaspoons olive oil extra-virgin
- 2 tablespoons pinenuts
- 2 ounces pancetta thinly sliced

## Equipment

- bowl
- baking sheet
- paper towels
- baking paper
- oven
- whisk
- grill
- slotted spoon
- grill pan

## Directions

- Watch how to make this recipe.
- Place an oven rack in the center of the oven. Preheat the oven to 350 degrees F.
- Line a baking sheet with parchment paper.
- Place the prosciutto in a single layer on the prepared baking sheet.
- Bake for 12 to 14 minutes until crispy.
- Drain on paper towels. Chop the prosciutto into 1/4-inch pieces.
- Place a grill pan over medium-high heat or preheat a gas or charcoal grill. In a medium bowl, toss together the asparagus and 2 teaspoons olive oil. Season with salt and pepper. Grill for 2 to 3 minutes each side until crisp-tender.
- In a medium bowl, combine the lemon juice and 2 tablespoons olive oil.
- Whisk until combined. Season with salt and pepper, to taste.
- Add the melon and mozzarella cheese and toss until all ingredients are combined.
- Arrange the asparagus on a platter. Using a slotted spoon, spoon the melon and burrata cheese on top of the asparagus.
- Drizzle any remaining vinaigrette over the top.
- Sprinkle the prosciutto and pine nuts on top and serve.
- \*Cook's Note: To toast pine nuts, arrange in a single layer on a baking sheet.
- Bake in a preheated 350 degrees F oven for 8 to 12 minutes until lightly browned.

# Nutrition Facts

PROTEIN 19.74% FAT 68.96% CARBS 11.3%

## Properties

Glycemic Index:15.17, Glycemic Load:0.55, Inflammation Score:-6, Nutrition Score:9.7539130293805%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg, Isorhamnetin: 4.31mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg, Quercetin: 10.59mg

## Nutrients (% of daily need)

Calories: 146.8kcal (7.34%), Fat: 11.69g (17.99%), Saturated Fat: 4.12g (25.77%), Carbohydrates: 4.31g (1.44%), Net Carbohydrates: 2.56g (0.93%), Sugar: 1.86g (2.07%), Cholesterol: 21.17mg (7.06%), Sodium: 182.73mg (7.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.53g (15.06%), Vitamin K: 34.65µg (33%), Manganese: 0.43mg (21.65%), Vitamin A: 704.6IU (14.09%), Phosphorus: 139.55mg (13.95%), Calcium: 115.35mg (11.53%), Iron: 1.95mg (10.81%), Folate: 42.78µg (10.7%), Vitamin B2: 0.18mg (10.37%), Vitamin B1: 0.15mg (10.22%), Selenium: 6.88µg (9.83%), Copper: 0.2mg (9.75%), Vitamin E: 1.44mg (9.62%), Zinc: 1.29mg (8.6%), Vitamin B12: 0.48µg (7.97%), Vitamin C: 6.2mg (7.51%), Fiber: 1.75g (7%), Vitamin B3: 1.29mg (6.46%), Magnesium: 24.34mg (6.08%), Potassium: 212.18mg (6.06%), Vitamin B6: 0.11mg (5.33%), Vitamin B5: 0.3mg (3.05%)