



Grilled Squash Ribbons and Prosciutto with Mint Dressing



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



30

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 garlic cloves very finely chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 teaspoon lime zest finely grated
- ☐ 0.3 cup mint leaves chopped
- ☐ 0.3 cup olive oil extra-virgin plus more for brushing
- ☐ 6 ounces pancetta thinly sliced
- ☐ 30 servings salt and pepper freshly ground

- ☐ 2 medium baby squash yellow very thinly sliced
- ☐ 2 medium zucchini very thinly sliced

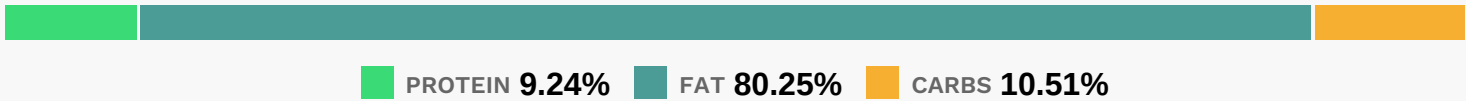
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ grill pan

Directions

- ☐ Light a grill or preheat a grill pan. In a small bowl, combine the lime zest and juice with the mint, garlic and the 1/4 cup of olive oil. Season with salt and pepper.
- ☐ Alternately thread the zucchini, yellow squash and prosciutto onto 4 pairs of 12-inch bamboo skewers. Lightly brush the vegetables and prosciutto with olive oil and season generously with salt and pepper.
- ☐ Grill the skewers over high heat until the zucchini and yellow squash are lightly charred, about 1 1/2 minutes per side.
- ☐ Serve with the mint dressing on the side.

Nutrition Facts



Properties

Glycemic Index:3.63, Glycemic Load:0.16, Inflammation Score:-1, Nutrition Score:1.7252174045729%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 44.95kcal (2.25%), Fat: 4.12g (6.34%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 1.22g (0.41%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.65g (0.72%), Cholesterol: 3.74mg (1.25%), Sodium: 232.86mg (10.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.13%), Vitamin C: 5.37mg (6.5%), Vitamin B6: 0.07mg (3.43%), Manganese: 0.06mg (2.76%), Potassium: 84.99mg (2.43%), Vitamin B2: 0.04mg (2.17%), Vitamin E: 0.32mg (2.13%), Vitamin K: 2.05µg (1.96%), Vitamin B1: 0.03mg (1.94%), Phosphorus: 18.97mg (1.9%), Folate: 7.57µg (1.89%), Vitamin B3: 0.36mg (1.81%), Selenium: 1.22µg (1.75%), Magnesium: 5.77mg (1.44%), Vitamin A: 71.35IU (1.43%), Fiber: 0.32g (1.27%), Zinc: 0.16mg (1.04%)