



Grilled Watermelon with Blue Cheese and Prosciutto

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



254 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons bottled balsamic glaze
- ☐ 4 ounces cheese blue crumbled
- ☐ 4 servings basil leaves fresh
- ☐ 4 servings kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 4 servings pepper freshly ground
- ☐ 4 ounces pancetta thinly sliced

☐ 1.5 inch watermelon rounds quartered

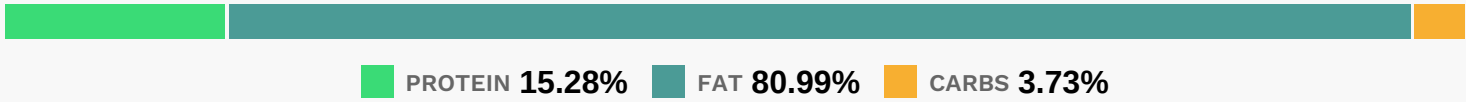
Equipment

☐ grill

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat.
- ☐ Brush both sides of each watermelon quarter with olive oil, and season with desired amount of salt and pepper.
- ☐ Cut prosciutto into thin strips.
- ☐ Grill watermelon quarters, without grill lid, 1 minute on each side or until grill marks appear.
- ☐ Transfer watermelon to a serving plate; top with blue cheese, prosciutto strips, and fresh basil.
- ☐ Drizzle watermelon with balsamic glaze.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:50.92, Glycemic Load:0.26, Inflammation Score:-3, Nutrition Score:5.8204347769851%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 254.34kcal (12.72%), Fat: 22.91g (35.24%), Saturated Fat: 9.56g (59.73%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 2.31g (0.84%), Sugar: 0.7g (0.78%), Cholesterol: 39.97mg (13.32%), Sodium: 707.66mg (30.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.72g (19.45%), Calcium: 155.31mg (15.53%), Phosphorus: 151.92mg (15.19%), Selenium: 9.82µg (14.03%), Vitamin K: 11.25µg (10.72%), Vitamin B12: 0.49µg (8.13%), Vitamin B2: 0.13mg (7.83%), Zinc: 1.11mg (7.38%), Vitamin B3: 1.45mg (7.25%), Vitamin A: 338.26IU (6.77%), Vitamin B5: 0.66mg (6.55%), Vitamin B6: 0.13mg (6.31%), Vitamin B1: 0.09mg (5.84%), Vitamin E: 0.71mg (4.76%), Potassium: 137.08mg (3.92%), Folate: 11.61µg (2.9%), Magnesium: 11.47mg (2.87%), Manganese: 0.04mg (2.11%), Vitamin D: 0.26µg (1.7%), Iron: 0.3mg (1.67%), Copper: 0.03mg (1.64%)