



Honeydew and Prosciutto with Greens and Mint Vinaigrette

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



1164 kcal

Ingredients

- ☐ 0.3 teaspoon aniseed
- ☐ 3 tablespoons mint leaves fresh divided thinly sliced
- ☐ 1 teaspoon honey
- ☐ 4 wedges honeydew melon peeled
- ☐ 2 tablespoons olive oil
- ☐ 6 slices pancetta thin
- ☐ 1 tablespoon sherry vinegar

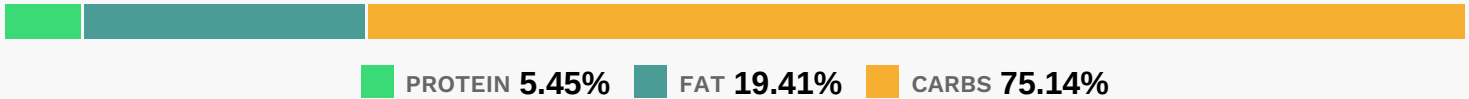
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk first 3 ingredients and 1 tablespoon mint in small bowl; whisk in oil. Season dressing to taste with salt and pepper. Toss greens with 2 tablespoons dressing in medium bowl; divide between 2 plates.
- ☐ Place melon next to greens; drape prosciutto over melon.
- ☐ Drizzle remaining dressing over prosciutto and melon.
- ☐ Sprinkle with remaining 2 tablespoons mint and freshly ground pepper and serve.

Nutrition Facts



Properties

Glycemic Index:28.64, Glycemic Load:1.51, Inflammation Score:-10, Nutrition Score:46.669999687568%

Flavonoids

Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg
Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Eriodictyol: 2.32mg,
Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin:
0.76mg, Hesperetin: 0.76mg Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg, Apigenin: 0.42mg Luteolin:
0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg, Luteolin: 0.97mg

Nutrients (% of daily need)

Calories: 1163.6kcal (58.18%), Fat: 27.22g (41.88%), Saturated Fat: 6.12g (38.22%), Carbohydrates: 237.16g (79.05%),
Net Carbohydrates: 216.03g (78.56%), Sugar: 210.75g (234.16%), Cholesterol: 15.84mg (5.28%), Sodium: 623.06mg
(27.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.19g (34.38%), Vitamin C: 463.29mg (561.57%),
Potassium: 5935.48mg (169.59%), Folate: 495.05µg (123.76%), Vitamin B6: 2.33mg (116.44%), Fiber: 21.12g
(84.49%), Vitamin K: 82.67µg (78.73%), Vitamin B1: 1.05mg (69.74%), Magnesium: 265.67mg (66.42%), Vitamin B3:
11.81mg (59.03%), Vitamin B5: 4.13mg (41.31%), Manganese: 0.79mg (39.7%), Copper: 0.65mg (32.67%), Selenium:
22.78µg (32.55%), Phosphorus: 323.48mg (32.35%), Vitamin A: 1608.26IU (32.17%), Iron: 5.05mg (28.06%), Vitamin
B2: 0.35mg (20.51%), Zinc: 2.69mg (17.96%), Calcium: 175.44mg (17.54%), Vitamin E: 2.63mg (17.54%), Vitamin B12:
0.12µg (2%)