



Honeydew, Cantaloupe and Prosciutto Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



121 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cantaloupe with a peeler) or scooped into balls ripe cut into thin strips (
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 1 tablespoon percent greek yogurt plain
- ☐ 2 teaspoons honey
- ☐ 0.5 wedges honeydew melon with a peeler) or scooped into balls ripe cut into thin strips (
- ☐ 1 juice of lemon
- ☐ 1 tablespoon mayonnaise reduced-fat

☐ 2 slices pancetta fat trimmed

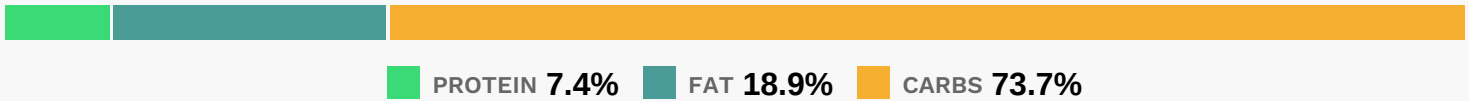
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 400°F. Coat a baking sheet with cooking spray.
- ☐ Place prosciutto slices 4 inches apart on baking sheet; cook until crisp, 8 to 10 minutes.
- ☐ Transfer to a plate lined with a paper towel.
- ☐ Whisk yogurt, mayonnaise, honey, zest, juice and pepper in a bowl until smooth.
- ☐ Add honeydew and cantaloupe; toss to combine; divide among 4 bowls. Crumble prosciutto; sprinkle it and basil over salad.
- ☐ Serve immediately.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:55.44, Glycemic Load:4.96, Inflammation Score:-9, Nutrition Score:9.3117390657249%

Flavonoids

Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg
Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg
Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg
Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg
Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg
Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg
Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

0.03mg

Nutrients (% of daily need)

Calories: 121.31kcal (6.07%), Fat: 2.76g (4.24%), Saturated Fat: 0.76g (4.74%), Carbohydrates: 24.21g (8.07%), Net Carbohydrates: 22.29g (8.11%), Sugar: 21.74g (24.16%), Cholesterol: 3.39mg (1.13%), Sodium: 106.57mg (4.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.86%), Vitamin A: 2497.92IU (49.96%), Vitamin C: 39.51mg (47.89%), Potassium: 503.05mg (14.37%), Vitamin K: 14.81µg (14.11%), Folate: 43.07µg (10.77%), Vitamin B6: 0.19mg (9.42%), Fiber: 1.92g (7.67%), Vitamin B1: 0.11mg (7.28%), Magnesium: 27.63mg (6.91%), Vitamin B3: 1.34mg (6.71%), Copper: 0.11mg (5.5%), Manganese: 0.11mg (5.47%), Selenium: 3.61µg (5.15%), Phosphorus: 42.49mg (4.25%), Vitamin B5: 0.37mg (3.74%), Zinc: 0.54mg (3.61%), Iron: 0.64mg (3.55%), Vitamin B2: 0.06mg (3.26%), Calcium: 24.25mg (2.43%), Vitamin E: 0.19mg (1.24%)