



Mediterranean Salad with Prosciutto and Pomegranate



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



215 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces arugula
- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 cups fennel bulb very thinly sliced
- ☐ 1 cup spring onion thinly sliced
- ☐ 0.3 cup mint leaves thinly sliced
- ☐ 3 tablespoons olive oil extra virgin extra-virgin divided

- ☐ 0.5 cup pomegranate seeds
- ☐ 6 ounce pancetta thinly sliced

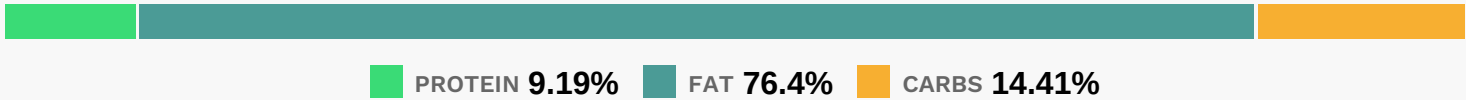
Equipment

- ☐ bowl

Directions

- ☐ Toss fennel and 1 tablespoon olive oil in medium bowl.
- ☐ Sprinkle with 1/4 teaspoon salt.
- ☐ Combine arugula, green onions, mint, vinegar, and 2 tablespoons olive oil in large bowl; toss. Season with salt and pepper.
- ☐ Divide greens among plates. Top with fennel, then drape with prosciutto.
- ☐ Sprinkle pomegranate seeds over.

Nutrition Facts



Properties

Glycemic Index:37.67, Glycemic Load:2.61, Inflammation Score:-6, Nutrition Score:10.028695676638%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg, Eriodictyol: 0.89mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 6.82mg, Kaempferol: 6.82mg, Kaempferol: 6.82mg, Kaempferol: 6.82mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 215.32kcal (10.77%), Fat: 18.64g (28.68%), Saturated Fat: 4.8g (30.03%), Carbohydrates: 7.91g (2.64%), Net Carbohydrates: 5.58g (2.03%), Sugar: 4.39g (4.87%), Cholesterol: 18.71mg (6.24%), Sodium: 309.47mg (13.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.1%), Vitamin K: 79.77µg (75.97%), Vitamin A:

743.66IU (14.87%), Vitamin C: 11.44mg (13.86%), Folate: 44.16µg (11.04%), Vitamin E: 1.55mg (10.35%), Potassium: 339.42mg (9.7%), Manganese: 0.19mg (9.48%), Fiber: 2.33g (9.33%), Selenium: 6.13µg (8.75%), Phosphorus: 78.37mg (7.84%), Vitamin B3: 1.54mg (7.71%), Vitamin B1: 0.11mg (7.29%), Calcium: 65mg (6.5%), Vitamin B6: 0.13mg (6.28%), Magnesium: 24.17mg (6.04%), Iron: 1.06mg (5.86%), Copper: 0.09mg (4.41%), Vitamin B2: 0.07mg (4.36%), Zinc: 0.62mg (4.12%), Vitamin B5: 0.38mg (3.78%), Vitamin B12: 0.14µg (2.36%)