



## Melon and Crispy Prosciutto Salad

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



475 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 10 cup baby greens loosely packed (such as arugula)
- 4 oz feta cheese crumbled
- 6 tablespoons mint leaves fresh chopped
- 3 tablespoons honey
- 0.8 teaspoon kosher salt
- 4 tablespoons olive oil
- 0.5 teaspoon pepper freshly ground
- 0.5 cup pistachios coarsely chopped

- 4 oz pancetta
- 3 tablespoons citrus champagne vinegar

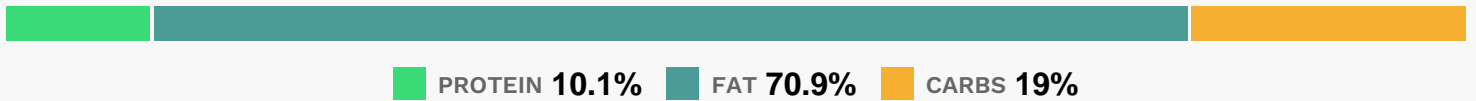
## Equipment

- paper towels
- whisk
- microwave

## Directions

- Arrange half of prosciutto on a paper towel-lined microwave-safe plate; cover with a paper towel. Microwave at HIGH 2 minutes or until crisp. Repeat procedure with remaining prosciutto. Break prosciutto into large pieces.
- Whisk together mint and next 5 ingredients.
- Toss greens and chopped melon with vinaigrette, and top with cooked prosciutto, crumbled feta cheese, and chopped pistachios.

## Nutrition Facts



## Properties

Glycemic Index:32.32, Glycemic Load:7.57, Inflammation Score:-8, Nutrition Score:15.825652153596%

## Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg 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 Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 475.41kcal (23.77%), Fat: 38.47g (59.19%), Saturated Fat: 10.36g (64.74%), Carbohydrates: 23.2g (7.73%), Net Carbohydrates: 20.92g (7.61%), Sugar: 14.11g (15.68%), Cholesterol: 43.94mg (14.65%), Sodium: 977.22mg (42.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.33g (24.66%), Vitamin A: 1649.9IU (33%), Vitamin C: 26.58mg (32.22%), Vitamin B6: 0.55mg (27.56%), Phosphorus: 258.1mg (25.81%), Manganese: 0.48mg (24.08%), Vitamin B2: 0.36mg (21.37%), Vitamin B1: 0.29mg (19.47%), Calcium: 191.69mg (19.17%), Vitamin E: 2.55mg (16.97%), Selenium: 11.57µg (16.52%), Folate: 62.82µg (15.71%), Copper: 0.31mg (15.3%), Potassium: 462.11mg (13.2%), Zinc: 1.82mg (12.16%), Iron: 2.14mg (11.87%), Vitamin B3: 2.32mg (11.6%), Magnesium: 45.6mg (11.4%), Vitamin B12: 0.62µg (10.35%), Fiber: 2.28g (9.11%), Vitamin K: 9.35µg (8.9%), Vitamin B5: 0.67mg (6.71%), Vitamin D: 0.23µg (1.51%)