



WHATSheATE



Melon and Fig Salad with Prosciutto and Balsamic Drizzle



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



159 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 pound cantaloupe peeled seeded thinly sliced
- ☐ 4 figs fresh quartered
- ☐ 0.5 pound wedges honeydew melon peeled seeded thinly sliced
- ☐ 0.1 teaspoon kosher salt
- ☐ 1 teaspoon juice of lemon fresh

- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 1 ounce pancetta very thin
- ☐ 4 cups gourmet salad greens

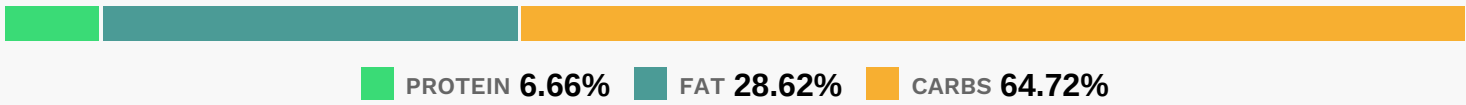
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring vinegar to a simmer in a small saucepan over medium-low heat; cook until syrupy and reduced to 3 tablespoons (about 10 minutes), stirring occasionally.
- ☐ Remove from heat.
- ☐ Combine oil, juice, pepper, and salt in a bowl, stirring with a whisk.
- ☐ Add salad greens; toss gently. Divide melon among 4 plates; top with salad greens. Arrange prosciutto and figs over salad greens; drizzle with balsamic syrup.

Nutrition Facts



Properties

Glycemic Index:52.63, Glycemic Load:10.52, Inflammation Score:-9, Nutrition Score:8.8882609450299%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epigallocatechin: 0.02mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 158.96kcal (7.95%), Fat: 5.18g (7.97%), Saturated Fat: 1.3g (8.16%), Carbohydrates: 26.35g (8.78%), Net Carbohydrates: 23.96g (8.71%), Sugar: 22.02g (24.47%), Cholesterol: 4.68mg (1.56%), Sodium: 165.11mg (7.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.71g (5.43%), Vitamin A: 2474.69IU (49.49%), Vitamin C: 27.15mg (32.91%), Potassium: 455.81mg (13.02%), Manganese: 0.22mg (11.01%), Fiber: 2.39g (9.57%), Folate: 36.78µg (9.2%), Vitamin B6: 0.18mg (9.04%), Magnesium: 30.91mg (7.73%), Vitamin B1: 0.11mg (7.42%), Vitamin B3: 1.34mg (6.69%), Vitamin K: 6.93µg (6.6%), Copper: 0.13mg (6.5%), Iron: 1.03mg (5.74%), Phosphorus: 55.04mg (5.5%), Selenium: 3.05µg (4.36%), Vitamin B2: 0.07mg (4.31%), Calcium: 40.86mg (4.09%), Vitamin B5: 0.39mg (3.88%), Zinc: 0.57mg (3.81%), Vitamin E: 0.42mg (2.78%)