



Melon-and-Peach Salad with Prosciutto and Mozzarella

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



322 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 teaspoons balsamic vinegar
- 2 tablespoons basil chopped
- 0.5 pound mozzarella fresh chopped
- 1 pound wedges honeydew melon peeled thinly sliced
- 2 tablespoons marjoram chopped
- 1 tablespoon olive oil extra virgin extra-virgin
- 1 peaches peeled thinly sliced

- 2 ounces pancetta thin
- 4 servings salt and pepper freshly ground

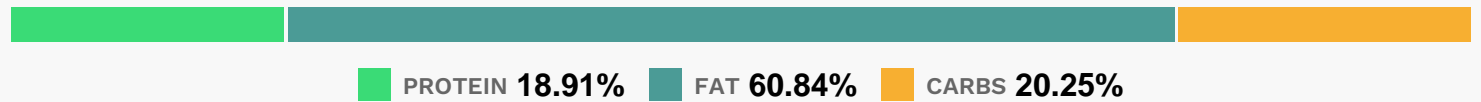
Equipment

- bowl

Directions

- In a bowl, toss the melon and peach with the oil and vin cotto ; season with salt and pepper.
- Let stand for 5 minutes. Stir in the herbs and cheese.
- Transfer the salad to a platter, top with the prosciutto and serve.

Nutrition Facts



Properties

Glycemic Index:46.81, Glycemic Load:1.85, Inflammation Score:-6, Nutrition Score:11.924782695978%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 321.86kcal (16.09%), Fat: 22.14g (34.05%), Saturated Fat: 9.88g (61.75%), Carbohydrates: 16.58g (5.53%), Net Carbohydrates: 14.69g (5.34%), Sugar: 13.36g (14.84%), Cholesterol: 54.15mg (18.05%), Sodium: 669.87mg (29.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.48g (30.97%), Calcium: 317.84mg (31.78%), Vitamin C: 22.64mg (27.45%), Phosphorus: 245.95mg (24.59%), Vitamin B12: 1.36µg (22.73%), Selenium: 14.12µg (20.17%), Vitamin K: 18.19µg (17.33%), Vitamin A: 700.91IU (14.02%), Zinc: 2.06mg (13.72%), Vitamin B2: 0.2mg (11.83%), Potassium: 396.5mg (11.33%), Vitamin B6: 0.18mg (9.06%), Iron: 1.53mg (8.48%), Magnesium: 31.79mg (7.95%), Folate: 31.18µg (7.8%), Fiber: 1.89g (7.55%), Vitamin B1: 0.11mg (7.43%), Vitamin B3: 1.46mg (7.28%), Manganese: 0.14mg (7.08%), Vitamin E: 0.99mg (6.63%), Copper: 0.08mg (4.23%), Vitamin B5: 0.39mg (3.94%), Vitamin D: 0.28µg (1.89%)