



Melon and Prosciutto Salad with Parmigiano-Reggiano

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



102 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

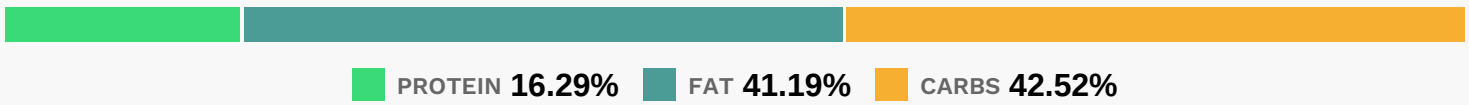
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups cantaloupe cubed () (1 medium melon)
- ☐ 2 tablespoons mint leaves fresh thinly sliced
- ☐ 3 cups wedges honeydew melon cubed () (1/2 medium melon)
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 2 ounces parmesan fresh shaved
- ☐ 2 ounces pancetta thinly sliced cut into thin strips

Equipment

Directions

- ☐ Combine first 5 ingredients, tossing gently. Arrange melon mixture on a serving platter. Arrange prosciutto evenly over melon mixture; sprinkle with Parmigiano-Reggiano.
- ☐ Garnish with cracked black pepper and fresh mint sprigs, if desired.
- ☐ Wine note: I adore the sweet-salty-herbal flavor of this salad. It's so refreshing and so summery. A good wine partner should exude the same characteristics. While you could opt for an Italian pinot grigio, I find a fuller-bodied California pinot grigio works even better, especially given the full flavors of the prosciutto, mint, and Parmigiano. A great choice: Estancia Pinot Grigio 2005 (California), \$ --Karen MacNeil

Nutrition Facts



Properties

Glycemic Index:15.81, Glycemic Load:3.05, Inflammation Score:-8, Nutrition Score:6.7108696154926%

Flavonoids

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg
Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg
Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg
Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg
Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg
Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg
Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg
Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 101.86kcal (5.09%), Fat: 4.86g (7.47%), Saturated Fat: 2.16g (13.53%), Carbohydrates: 11.28g (3.76%), Net Carbohydrates: 10.17g (3.7%), Sugar: 9.98g (11.09%), Cholesterol: 9.5mg (3.17%), Sodium: 190.34mg (8.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.64%), Vitamin A: 2172.53IU (43.45%), Vitamin C: 18.65mg (22.61%), Calcium: 96.85mg (9.68%), Phosphorus: 77.67mg (7.77%), Potassium: 268.69mg (7.68%), Selenium: 4.49µg (6.41%), Folate: 22.57µg (5.64%), Vitamin B6: 0.11mg (5.37%), Vitamin B1: 0.08mg (5.15%), Vitamin B3: 1.01mg (5.05%), Magnesium: 19.29mg (4.82%), Fiber: 1.11g (4.43%), Zinc: 0.61mg (4.1%), Copper: 0.08mg (3.83%), Vitamin K: 3.69µg (3.52%), Manganese: 0.07mg (3.34%), Vitamin B2: 0.06mg (3.33%), Iron: 0.49mg (2.74%), Vitamin B5: 0.24mg (2.39%), Vitamin B12: 0.12µg (2.01%)