



Melon, Arugula, and Serrano Ham with Smoked Paprika Dressing

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



297 kcal

SIDE DISH

Ingredients

- 0.8 pound arugula
- 0.1 teaspoon pepper black
- 2 cups pieces cantaloupe flesh
- 2 cups pieces honeydew flesh
- 1.5 tablespoons juice of lime fresh
- 5 tablespoons mild olive oil extra-virgin
- 0.3 teaspoon salt

- 4 ounces serrano ham thinly sliced
- 0.5 teaspoon paprika smoked sweet hot (or)

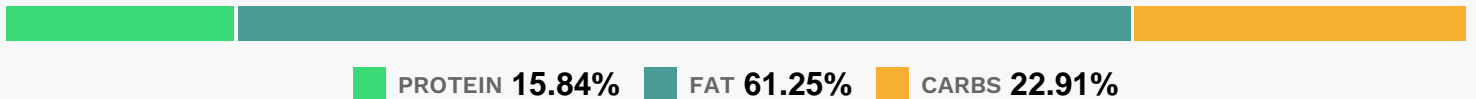
Equipment

- bowl
- whisk

Directions

- Whisk together lime juice, paprika, salt, and pepper in a small bowl and add oil in a slow stream, whisking until well blended.
- To make salad: Toss cantaloupe and honeydew with half of dressing in a bowl. Decoratively arrange the arugula on a platter and then add the melon. Season with salt and pepper, to taste an drizzle with remaining dressing.
- Serve immediately.
- Cook's note: It is important that the ham not be sliced as thinly as prosciutto usually is. Slightly thicker ham is easier to cut into strips and will stay separated in a salad instead of clumping together.

Nutrition Facts



Properties

Glycemic Index:36.63, Glycemic Load:4.55, Inflammation Score:-10, Nutrition Score:19.110434718754%

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: 0.12mg,
 Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin:
 0.5mg, Hesperetin: 0.5mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg
 Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.53mg, Luteolin: 0.53mg,
 Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 3.66mg, Isorhamnetin: 3.66mg, Isorhamnetin: 3.66mg,
 Isorhamnetin: 3.66mg Kaempferol: 29.73mg, Kaempferol: 29.73mg, Kaempferol: 29.73mg, Kaempferol: 29.73mg
 Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg, Quercetin: 6.77mg

Nutrients (% of daily need)

Calories: 296.7kcal (14.83%), Fat: 21.4g (32.92%), Saturated Fat: 3.08g (19.24%), Carbohydrates: 18.01g (6%), Net Carbohydrates: 15.2g (5.53%), Sugar: 15.07g (16.75%), Cholesterol: 15.2mg (5.07%), Sodium: 765.04mg (33.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.45g (24.89%), Vitamin K: 108.2µg (103.05%), Vitamin A: 4892.59IU (97.85%), Vitamin C: 38.47mg (46.63%), Folate: 110.54µg (27.64%), Vitamin E: 3.03mg (20.19%), Potassium: 646.55mg (18.47%), Manganese: 0.34mg (17.1%), Calcium: 150.28mg (15.03%), Magnesium: 59.88mg (14.97%), Iron: 2.19mg (12.19%), Fiber: 2.81g (11.23%), Vitamin B6: 0.18mg (8.83%), Copper: 0.16mg (7.86%), Vitamin B1: 0.11mg (7.41%), Phosphorus: 68.85mg (6.88%), Vitamin B2: 0.11mg (6.41%), Vitamin B3: 1.2mg (6.02%), Vitamin B5: 0.6mg (6.01%), Zinc: 0.84mg (5.63%), Selenium: 2.23µg (3.19%)