



Melon, Arugula, and Serrano Ham with Smoked Paprika Dressing



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 lb arugula
- ☐ 0.1 teaspoon pepper black
- ☐ 4 cups pieces cantaloupe flesh (from)
- ☐ 4 cups pieces honeydew flesh (from)
- ☐ 1.5 tablespoons juice of lime fresh
- ☐ 5 tablespoons mild olive oil extra-virgin
- ☐ 0.3 teaspoon salt

- ☐ 8 oz serrano ham sliced (1/)
- ☐ 0.5 teaspoon paprika smoked sweet hot (or)

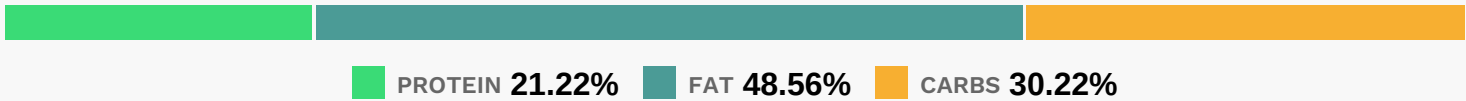
Equipment

- ☐ 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.
- ☐ Toss cantaloupe and honeydew with half of dressing in a bowl. Toss arugula and ham with remaining dressing in a large bowl, then add melon and salt and pepper to taste, tossing gently.
- ☐ Serve immediately.
- ☐ * Available by mail order through The Spanish Table (206-682-282
- ☐ and Tienda.com.
- ☐ It's important that the ham not be sliced as thin 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:9.08, Inflammation Score:-10, Nutrition Score:28.666087005449%

Flavonoids

Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg
Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg
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: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg
Isorhamnetin: 7.31mg, Isorhamnetin: 7.31mg, Isorhamnetin: 7.31mg, Isorhamnetin: 7.31mg
Kaempferol: 59.46mg, Kaempferol: 59.46mg, Kaempferol: 59.46mg, Kaempferol: 59.46mg
Quercetin:

13.52mg, Quercetin: 13.52mg, Quercetin: 13.52mg, Quercetin: 13.52mg

Nutrients (% of daily need)

Calories: 436.43kcal (21.82%), Fat: 25.25g (38.85%), Saturated Fat: 3.73g (23.34%), Carbohydrates: 35.37g (11.79%), Net Carbohydrates: 29.88g (10.87%), Sugar: 30.02g (33.36%), Cholesterol: 30.39mg (10.13%), Sodium: 1384.08mg (60.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.83g (49.66%), Vitamin K: 205.53µg (195.74%), Vitamin A: 9658.89IU (193.18%), Vitamin C: 75.24mg (91.21%), Folate: 220.39µg (55.1%), Potassium: 1279.78mg (36.57%), Manganese: 0.67mg (33.54%), Calcium: 298.66mg (29.87%), Magnesium: 118.75mg (29.69%), Iron: 4.22mg (23.47%), Vitamin E: 3.45mg (23.01%), Fiber: 5.49g (21.95%), Vitamin B6: 0.35mg (17.27%), Copper: 0.31mg (15.52%), Vitamin B1: 0.22mg (14.68%), Phosphorus: 136.02mg (13.6%), Vitamin B2: 0.21mg (12.58%), Vitamin B5: 1.19mg (11.89%), Vitamin B3: 2.37mg (11.87%), Zinc: 1.67mg (11.15%), Selenium: 4.45µg (6.35%)