



Melon Caprese Salad



Vegetarian



Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



387 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup basil leaves packed
- ☐ 0.8 pound mozzarella cheese fresh (preferably buffalo mozzarella)
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 2 tablespoon pinenuts
- ☐ 4 servings sea salt to taste (or)

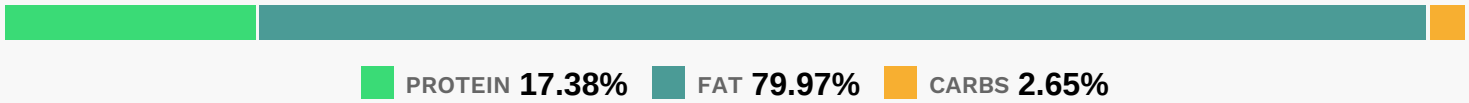
Equipment

- ☐ blender

Directions

- ☐
- Combine basil, oil, pine nuts and generous pinch salt in a blender; purée until smooth. Adjust salt to taste.
- ☐
- Cut each cantaloupe wedge crosswise in half, then, keeping narrow ends intact, make lengthwise cuts in wedges so that they fan slightly. Arrange cantaloupe wedges on serving plates. Slice cheese, then arrange over cantaloupe.
- ☐
- Drizzle with pesto.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.04, Inflammation Score:-9, Nutrition Score:11.443478262295%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 387.4kcal (19.37%), Fat: 34.85g (53.62%), Saturated Fat: 13.23g (82.71%), Carbohydrates: 2.6g (0.87%), Net Carbohydrates: 2.32g (0.84%), Sugar: 0.95g (1.06%), Cholesterol: 64.64mg (21.55%), Sodium: 542.25mg (23.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.04g (34.08%), Calcium: 1908.26mg (190.83%), Vitamin A: 2826.88IU (56.54%), Vitamin K: 35.72µg (34.02%), Manganese: 0.51mg (25.47%), Vitamin E: 2.46mg (16.39%), Iron: 0.88mg (4.91%), Copper: 0.09mg (4.46%), Magnesium: 16.4mg (4.1%), Phosphorus: 32.11mg (3.21%), Potassium: 103.86mg (2.97%), Zinc: 0.37mg (2.48%), Folate: 5.78µg (1.45%), Vitamin B3: 0.27mg (1.37%), Vitamin C: 1.12mg (1.36%), Vitamin B1: 0.02mg (1.35%), Fiber: 0.28g (1.12%)