



## Melon Gazpacho with Frizzled Prosciutto

 **Gluten Free**  **Dairy Free**

READY IN



27 min.

SERVINGS



4

CALORIES



342 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3.5 pounds cantaloupe cubed peeled
- 4 teaspoons mint leaves fresh chopped
- 0.4 teaspoon kosher salt
- 2 tablespoons juice of lemon fresh
- 2 teaspoons olive oil
- 4 cups peaches ripe chopped ( 4 large)
- 4 ounces pancetta thinly sliced cut into ribbons

- 2 tablespoons shallots minced
- 1 tablespoon sherry vinegar
- 0.5 cup water

## Equipment

- bowl
- frying pan
- paper towels
- blender

## Directions

- Place first 7 ingredients in a blender; process until smooth (process in batches, if necessary).
- Place in freezer to chill while prosciutto cooks.
- Heat a large skillet over medium heat.
- Add oil to pan; swirl to coat.
- Add prosciutto; cook 10 minutes or until crisp, stirring occasionally.
- Drain on paper towels.
- Spoon soup into bowls; top with prosciutto, mint, and pepper.

## Nutrition Facts



**PROTEIN 9.28%** **FAT 35.79%** **CARBS 54.93%**

## Properties

Glycemic Index:42.44, Glycemic Load:25.27, Inflammation Score:-10, Nutrition Score:20.345217559649%

## Flavonoids

Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg

Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.56mg, Luteolin: 2.56mg, Luteolin: 2.56mg, Luteolin: 2.56mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

## **Nutrients (% of daily need)**

Calories: 341.87kcal (17.09%), Fat: 14.41g (22.17%), Saturated Fat: 4.28g (26.77%), Carbohydrates: 49.77g (16.59%), Net Carbohydrates: 44.06g (16.02%), Sugar: 44.78g (49.75%), Cholesterol: 18.71mg (6.24%), Sodium: 547.33mg (23.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.4g (16.81%), Vitamin A: 13941.04IU (278.82%), Vitamin C: 52.93mg (64.16%), Vitamin B3: 5.16mg (25.78%), Potassium: 895.32mg (25.58%), Copper: 0.48mg (24.11%), Fiber: 5.71g (22.83%), Selenium: 15.75µg (22.51%), Vitamin B1: 0.31mg (20.98%), Magnesium: 69.56mg (17.39%), Folate: 68.14µg (17.04%), Zinc: 2.47mg (16.44%), Vitamin K: 16.78µg (15.99%), Manganese: 0.29mg (14.73%), Vitamin B6: 0.29mg (14.69%), Phosphorus: 146.35mg (14.63%), Iron: 2.26mg (12.56%), Vitamin E: 1.75mg (11.65%), Vitamin B2: 0.18mg (10.62%), Vitamin B5: 0.84mg (8.36%), Calcium: 47.66mg (4.77%), Vitamin B12: 0.14µg (2.36%)