



Melon, Mozzarella, and Prosciutto Skewers

 Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 inch honeydew cubes ()
- ☐ 20 small mozzarella cheese balls fresh (1 [8-oz.] tub)
- ☐ 20 servings freshly cracked pepper
- ☐ 0.5 lb pancetta thin
- ☐ 4 inch wooden skewers
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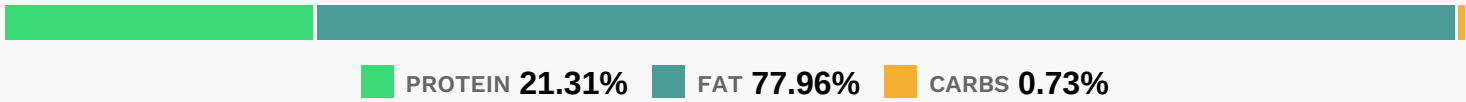
Equipment

- ☐ wooden skewers

Directions

- ☐ Thread 1 melon cube, 1 prosciutto slice, and 1 mozzarella ball onto each of 20 (4-inch) wooden skewers.
- ☐ Sprinkle with cracked pepper.
- ☐ Note: For testing purposes only, we used Il Villaggio Mozzarella Fior di Latte Ciliegine cheese for mozzarella cheese balls.

Nutrition Facts



Properties

Glycemic Index:1.6, Glycemic Load:0.01, Inflammation Score:1, Nutrition Score:1.1917391367581%

Nutrients (% of daily need)

Calories: 117.58kcal (5.88%), Fat: 10.5g (16.15%), Saturated Fat: 3.5g (21.86%), Carbohydrates: 0.22g (0.07%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0.01g (0.01%), Cholesterol: 17.56mg (5.85%), Sodium: 94.99mg (4.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.91%), Calcium: 101.01mg (10.1%), Selenium: 2.29µg (3.26%), Vitamin B3: 0.46mg (2.29%), Vitamin B1: 0.03mg (2.1%), Phosphorus: 16.5mg (1.65%), Vitamin B6: 0.03mg (1.53%)