



Melon Salad with Prosciutto

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



285 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 cups arugula
- 1.5 tablespoons honey
- 2 cups wedges honeydew melon seeded sliced
- 0.3 teaspoon kosher salt
- 3 tablespoons juice of lemon fresh
- 0.3 cup mint leaves fresh
- 2 nectarines pitted ripe sliced
- 2 tablespoons olive oil

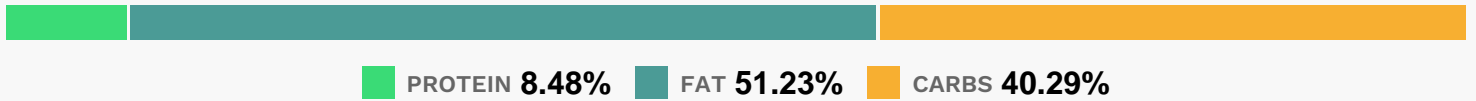
- 0.3 cup onion red vertically sliced
- 0.5 ounce pecorino cheese shaved
- 3 ounces pancetta very thinly sliced
- 1 serrano chiles very thinly sliced
- 2 cups watermelon seeded sliced

Equipment

Directions

- Combine first 5 ingredients; sprinkle with salt.
- Combine juice, oil, and honey, stirring well.
- Drizzle dressing mixture over fruit mixture; toss gently. Arrange 1 cup arugula and 1 tablespoon mint on each of 4 plates; top each serving with about 1 3/4 cups fruit mixture. Divide prosciutto evenly among plates; top evenly with cheese.

Nutrition Facts



Properties

Glycemic Index:63.98, Glycemic Load:10.23, Inflammation Score:-8, Nutrition Score:11.675652221493%

Flavonoids

Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg, Cyanidin: 1.51mg Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Eriodictyol: 1.42mg, Eriodictyol: 1.42mg, Eriodictyol: 1.42mg, Eriodictyol: 1.42mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg Kaempferol: 7.41mg, Kaempferol: 7.41mg, Kaempferol: 7.41mg, Kaempferol: 7.41mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg, Quercetin: 5.06mg

Nutrients (% of daily need)

Calories: 284.54kcal (14.23%), Fat: 17.03g (26.2%), Saturated Fat: 4.48g (27.99%), Carbohydrates: 30.14g (10.05%), Net Carbohydrates: 27.22g (9.9%), Sugar: 25.02g (27.8%), Cholesterol: 17.72mg (5.91%), Sodium: 361.43mg (15.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.34g (12.69%), Vitamin C: 33.46mg (40.56%), Vitamin K: 30.28µg (28.84%), Vitamin A: 1342.3IU (26.85%), Potassium: 546.7mg (15.62%), Folate: 50.83µg (12.71%), Vitamin B6: 0.24mg (11.76%), Fiber: 2.93g (11.7%), Vitamin B3: 2.31mg (11.55%), Vitamin E: 1.71mg (11.41%), Phosphorus: 111.85mg (11.19%), Manganese: 0.22mg (10.93%), Vitamin B1: 0.16mg (10.82%), Magnesium: 40.64mg (10.16%), Calcium: 93.98mg (9.4%), Selenium: 5.89µg (8.42%), Copper: 0.16mg (7.84%), Vitamin B5: 0.7mg (7%), Iron: 1.21mg (6.74%), Vitamin B2: 0.11mg (6.46%), Zinc: 0.82mg (5.46%), Vitamin B12: 0.15µg (2.43%)