



Melon, Serrano Ham, and Arugula Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



124 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 cups arugula loosely packed trimmed
- 0.3 teaspoon pepper black freshly ground
- 1 teaspoon canola oil
- 6 cups cantaloupe cubed peeled (1 [3-pound] melon)
- 1 garlic clove minced
- 0.3 teaspoon ground cumin
- 1 ounce manchego cheese shaved
- 1 teaspoon blackstrap molasses

- 0.3 teaspoon salt
- 3 ounces serrano ham trimmed cut into 1/4-inch pieces
- 3 tablespoons sherry vinegar

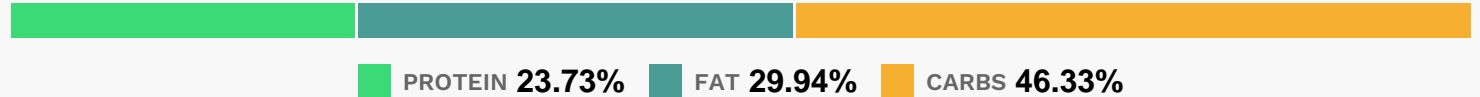
Equipment

- bowl
- whisk

Directions

- Combine first 7 ingredients in a large bowl, stirring well with a whisk.
- Add cantaloupe and ham; toss gently to coat.
- Arrange arugula in an even layer on a serving platter. Top with cantaloupe mixture; sprinkle evenly with cheese.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.08, Glycemic Load:8.57, Inflammation Score:-10, Nutrition Score:11.948695587075%

Flavonoids

Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 9.42mg, Kaempferol: 9.42mg, Kaempferol: 9.42mg, Kaempferol: 9.42mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 123.64kcal (6.18%), Fat: 4.36g (6.71%), Saturated Fat: 1.59g (9.96%), Carbohydrates: 15.18g (5.06%), Net Carbohydrates: 13.43g (4.88%), Sugar: 14.03g (15.59%), Cholesterol: 12.65mg (4.22%), Sodium: 460.44mg (20.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.55%), Vitamin A: 6071.55IU (121.43%), Vitamin K: 34.01µg (32.39%), Vitamin C: 21.64mg (26.23%), Folate: 48.3µg (12.08%), Calcium: 112.57mg (11.26%), Potassium: 374.18mg (10.69%), Manganese: 0.19mg (9.73%), Magnesium: 37.03mg (9.26%), Copper: 0.17mg (8.3%), Iron: 1.33mg (7.38%), Fiber: 1.75g (6.99%), Vitamin B1: 0.09mg (6.15%), Vitamin B3: 1.21mg (6.05%), Zinc: 0.85mg

(5.64%), Vitamin B6: 0.1mg (4.9%), Selenium: 3.09µg (4.41%), Phosphorus: 43.34mg (4.33%), Vitamin B2: 0.07mg (3.95%), Vitamin B5: 0.3mg (2.98%), Vitamin E: 0.32mg (2.1%)