



Minted Prosciutto and Melon

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

READY IN



45 min.

SERVINGS



6

CALORIES



83 kcal

SIDE DISH

Ingredients

- 1.5 inch cantaloupe ripe
- 1 tablespoon mint leaves fresh minced
- 0.5 cup sparkling white grape juice sweet italian (such as spumante)
- 1 tablespoon honey
- 3 ounces pancetta very thin cut lengthwise into 4 strips

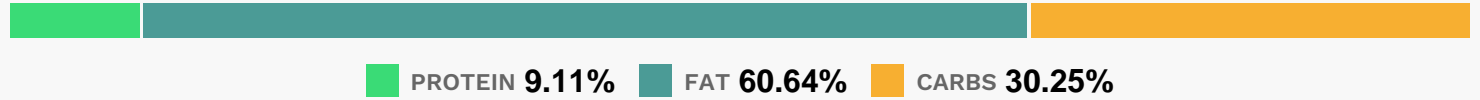
Equipment

- bowl

Directions

- Combine first 4 ingredients in a large bowl, tossing gently to coat. Cover and chill 30 minutes.
- Remove cantaloupe, reserving marinade. Wrap cantaloupe pieces with prosciutto; secure each with a wooden pick.
- Serve with marinade for dipping.

Nutrition Facts



Properties

Glycemic Index:19.96, Glycemic Load:1.54, Inflammation Score:-1, Nutrition Score:1.3508695626388%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg, Petunidin: 0.22mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.36mg, Malvidin: 2.36mg, Malvidin: 2.36mg, Malvidin: 2.36mg Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg, Peonidin: 0.22mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 83.2kcal (4.16%), Fat: 5.66g (8.71%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 6.36g (2.12%), Net Carbohydrates: 6.23g (2.27%), Sugar: 5.92g (6.57%), Cholesterol: 9.36mg (3.12%), Sodium: 95.48mg (4.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.91g (3.83%), Selenium: 2.89µg (4.13%), Manganese: 0.06mg (3.24%), Vitamin B3: 0.62mg (3.11%), Vitamin B1: 0.04mg (2.91%), Phosphorus: 24.22mg (2.42%), Vitamin B6: 0.05mg (2.33%), Potassium: 57.55mg (1.64%), Zinc: 0.2mg (1.35%), Vitamin A: 63.81IU (1.28%), Vitamin B12: 0.07µg (1.18%), Magnesium: 4.63mg (1.16%), Vitamin B2: 0.02mg (1.08%)