



Mozzarella, mango & Serrano ham salad

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 tbsp olive oil extra virgin extra-virgin
- ☐ 1 tsp chilli sauce sweet good (Lingham's and Sharwood's are)
- ☐ 3 tbsp basil fresh chopped
- ☐ 2 tbsp juice of lime
- ☐ 2 medium mangos ripe
- ☐ 12 slices serrano ham
- ☐ 375 g baby mozzarella balls (preferably buffalo)
- ☐ 100 g arugula wild (preferably)

☐ 3 small basil

Equipment

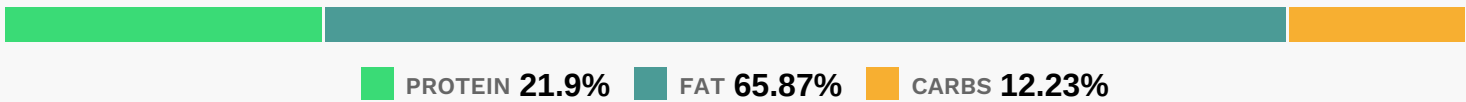
☐ whisk

☐ blender

Directions

- ☐ To make the dressing, whisk the olive oil, sweet chilli sauce, chopped basil leaves and 1 tbsp of the lemon or lime juice together with a sprinkling of sea salt and freshly ground black pepper. Alternatively, if you prefer a smoother, green-coloured dressing, you can whizz the dressing ingredients in a small blender. Either way, taste and then add more lemon or lime juice or seasoning if you want.
- ☐ To prepare the salad, peel the mangoes and carefully slice off each fleshy side close to the stone. Slice the mango flesh lengthways into thin strips. Dont throw the stones away, the flesh still attached is the cooks perk. Separate the slices of ham and thinly slice the mozzarella.
- ☐ You can now set everything out on a serving platter, or on individual plates. Pile the rocket in the centre. Arrange a circle of mango and ham round the rocket, sort of weaving them in and out of each other. Finish with an outer ring of overlapping mozzarella slices, then drizzle with the dressing. Grind some extra black pepper on top if you like, and scatter everything with the basil leaves.

Nutrition Facts



Properties

Glycemic Index:55.94, Glycemic Load:7.38, Inflammation Score:-9, Nutrition Score:13.566086862398%

Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg, Isorhamnetin: 1.08mg

Isorhamnetin: 1.08mg Kaempferol: 8.77mg, Kaempferol: 8.77mg, Kaempferol: 8.77mg, Kaempferol: 8.77mg
Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.02mg, Quercetin:
2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 552.87kcal (27.64%), Fat: 42.66g (65.63%), Saturated Fat: 9.95g (62.17%), Carbohydrates: 17.81g (5.94%),
Net Carbohydrates: 15.64g (5.69%), Sugar: 15.42g (17.14%), Cholesterol: 56.26mg (18.75%), Sodium: 912.25mg
(39.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.91g (63.83%), Vitamin K: 63.03µg (60.03%),
Vitamin C: 44.58mg (54.03%), Vitamin A: 1981.94IU (39.64%), Calcium: 396.29mg (39.63%), Vitamin E: 3.62mg
(24.1%), Folate: 72.92µg (18.23%), Manganese: 0.2mg (10.22%), Fiber: 2.17g (8.7%), Potassium: 289.9mg (8.28%),
Copper: 0.16mg (7.76%), Vitamin B6: 0.15mg (7.6%), Iron: 1.3mg (7.21%), Magnesium: 25.92mg (6.48%), Vitamin B3:
0.82mg (4.12%), Vitamin B2: 0.07mg (3.87%), Vitamin B5: 0.33mg (3.33%), Phosphorus: 31.35mg (3.14%), Vitamin
B1: 0.04mg (2.9%), Zinc: 0.26mg (1.72%), Selenium: 0.72µg (1.03%)