



Papaya, Prosciutto, and Lime



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



189 kcal

SIDE DISH

Ingredients

- ☐ 1 but papaya firm ripe
- ☐ 2 servings salt
- ☐ 2 ounces pancetta thinly sliced
- ☐ 0.5 lime sliced into 3 wedges

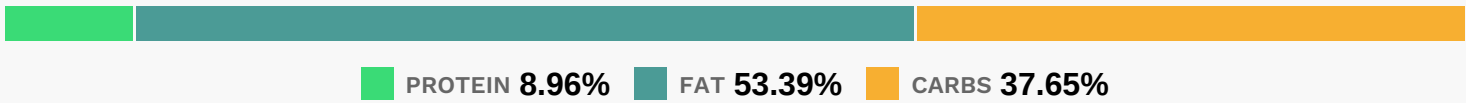
Equipment

- ☐ toothpicks
- ☐ peeler

Directions

- ☐ Prep the papaya: Using a vegetable peeler, peel away the outer skin of the papaya.
- ☐ Cut the papaya in half. Using a metal spoon, scoop out and discard the seeds. (The seeds are edible, by the way. They taste peppery, like nasturtium flowers, and can be used in salads.)
- ☐ Slice the the papaya halves into wedges lengthwise.
- ☐ Sprinkle wedges with salt: Arrange the papaya wedges on a plate.
- ☐ Sprinkle with a little salt.
- ☐ Wrap with prosciutto, sprinkle with lime juice: Either wrap the wedges with prosciutto, or roll up thin sheets of prosciutto and place them between the papaya wedges.
- ☐ Squeeze fresh lime juice over the papaya and prosciutto.
- ☐ If you would like to serve the papaya as an appetizer, cut the papaya into 1-inch pieces, sprinkle on some lime juice, wrap each piece with some prosciutto, and secure with a toothpick.

Nutrition Facts



Properties

Glycemic Index:45.38, Glycemic Load:8.54, Inflammation Score:-8, Nutrition Score:10.949999995854%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 188.6kcal (9.43%), Fat: 11.68g (17.97%), Saturated Fat: 3.9g (24.35%), Carbohydrates: 18.54g (6.18%), Net Carbohydrates: 15.48g (5.63%), Sugar: 12.17g (13.52%), Cholesterol: 18.71mg (6.24%), Sodium: 393.96mg (17.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.41g (8.82%), Vitamin C: 97.44mg (118.11%), Vitamin A: 1462.86IU (29.26%), Folate: 57.58µg (14.4%), Fiber: 3.05g (12.21%), Potassium: 349.9mg (10%), Selenium: 6.68µg (9.54%), Magnesium: 36.33mg (9.08%), Vitamin B3: 1.72mg (8.58%), Vitamin B1: 0.12mg (7.88%), Vitamin B6: 0.14mg (7.02%), Phosphorus: 59.04mg (5.9%), Vitamin B5: 0.48mg (4.84%), Copper: 0.09mg (4.57%), Vitamin E: 0.61mg

(4.1%), Vitamin B2: 0.07mg (3.96%), Vitamin K: 4.05µg (3.86%), Calcium: 37.47mg (3.75%), Iron: 0.6mg (3.32%), Manganese: 0.07mg (3.29%), Zinc: 0.47mg (3.17%), Vitamin B12: 0.14µg (2.36%)