



Pasta Salad with Melon, Pancetta, and Ricotta Salata

READY IN



30 min.

SERVINGS



4

CALORIES



291 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 servings pepper black freshly ground
- 0.3 cup mint leaves fresh divided coarsely chopped
- 4 servings kosher salt
- 3.5 tablespoons olive oil extra virgin extra-virgin
- 4 ounces orecchiette (ear-shaped)
- 2 ounces pancetta italian thinly sliced (bacon)
- 1 pinch pepper red crushed
- 1 ounce pecorino salted dry crumbled shaved (ricotta)

- 3 tablespoons spring onion thinly sliced
- 2.5 tablespoons citrus champagne vinegar

Equipment

- bowl
- baking sheet
- paper towels
- oven
- whisk
- microwave

Directions

- Heat oven to 350°F. Arrange pancetta in a single layer on a large rimmed baking sheet.
- Bake until brown and crisp, 20–25 minutes. (Alternatively, place pancetta on folded layers of paper towels on a microwave-proof plate and microwave on high until brown and crisp, about 5 minutes.)
- Let pancetta stand until cool enough to handle, then break into bite-size pieces.
- Meanwhile, cook pasta in a medium pot of boiling salted water, stirring occasionally, until al dente.
- Drain pasta; run under cold water to cool.
- Drain and set aside.
- Whisk oil and vinegar in a large bowl.
- Add half of pancetta, cooked pasta, melon, half of mint, scallion, and red pepper flakes. Toss to coat. Season to taste with salt and pepper.
- Transfer to a serving dish and sprinkle remaining pancetta and mint over.
- Garnish with shaved ricotta salata.
- Per serving: 320 calories, 20 g fat, 2 g fiber
- Bon Appétit

Nutrition Facts



■ PROTEIN 9.01% ■ FAT 59.86% ■ CARBS 31.13%

Properties

Glycemic Index:33.25, Glycemic Load:8.65, Inflammation Score:-3, Nutrition Score:6.622608717369%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 291.08kcal (14.55%), Fat: 19.27g (29.65%), Saturated Fat: 4.25g (26.59%), Carbohydrates: 22.56g (7.52%), Net Carbohydrates: 21.2g (7.71%), Sugar: 0.88g (0.98%), Cholesterol: 12.97mg (4.32%), Sodium: 298.59mg (12.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.52g (13.05%), Selenium: 21.83µg (31.19%), Manganese: 0.33mg (16.56%), Vitamin K: 16.99µg (16.18%), Vitamin E: 1.9mg (12.66%), Phosphorus: 90.58mg (9.06%), Vitamin B3: 1.15mg (5.76%), Magnesium: 21.99mg (5.5%), Fiber: 1.36g (5.43%), Copper: 0.11mg (5.41%), Vitamin A: 248.91IU (4.98%), Zinc: 0.71mg (4.76%), Vitamin B1: 0.07mg (4.75%), Iron: 0.84mg (4.65%), Vitamin B6: 0.09mg (4.47%), Potassium: 138.12mg (3.95%), Calcium: 35.02mg (3.5%), Vitamin B2: 0.06mg (3.31%), Folate: 13.13µg (3.28%), Vitamin C: 2.09mg (2.53%), Vitamin B5: 0.23mg (2.34%), Vitamin B12: 0.09µg (1.58%)