



Prosciutto and Melon Pasta Salad

READY IN



45 min.

SERVINGS



4

CALORIES



403 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup baby arugula
- ☐ 0.3 teaspoon pepper black
- ☐ 0.8 cup cantaloupe diced
- ☐ 0.3 teaspoon dijon mustard
- ☐ 8 ounces farfalle pasta uncooked (such as Barilla Plus)
- ☐ 1 garlic clove coarsely chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 2 tablespoons mint leaves

- ☐ 2.5 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 ounce parmesan shaved
- ☐ 2 ounces pancetta thinly sliced cut into 2-inch-long strips
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup shallots vertically sliced
- ☐ 1.5 tablespoons citrus champagne vinegar

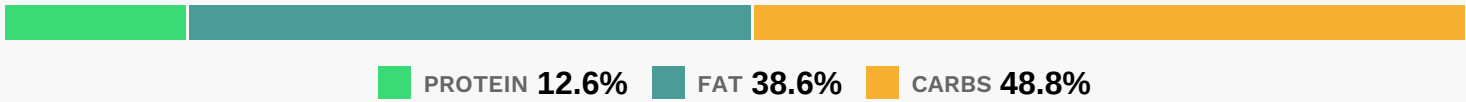
Equipment

- ☐ food processor
- ☐ bowl

Directions

- ☐ Cook pasta according to package directions, omitting salt and fat.
- ☐ Drain; cool to room temperature.
- ☐ Combine lemon juice and next 6 ingredients (through garlic) in a food processor; process to blend. With processor on, slowly pour olive oil through food chute; process for 15 seconds or until blended.
- ☐ Combine cooled pasta, arugula, cantaloupe, shallots, mint, and prosciutto in a large bowl.
- ☐ Drizzle the dressing over salad just before serving, and toss gently to coat. Top salad with cheese.

Nutrition Facts



Properties

Glycemic Index:81.13, Glycemic Load:19.3, Inflammation Score:-8, Nutrition Score:12.691304346789%

Flavonoids

Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg, Hesperetin: 1.07mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg

0.22mg, Isorhamnetin: 0.22mg Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg, Kaempferol: 1.77mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg,
Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 402.57kcal (20.13%), Fat: 17.23g (26.51%), Saturated Fat: 4.45g (27.8%), Carbohydrates: 49.02g (16.34%),
Net Carbohydrates: 46.12g (16.77%), Sugar: 5.36g (5.96%), Cholesterol: 14.17mg (4.72%), Sodium: 373.31mg
(16.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.66g (25.32%), Selenium: 41.21µg (58.87%),
Manganese: 0.66mg (32.93%), Vitamin A: 1327.96IU (26.56%), Phosphorus: 197.92mg (19.79%), Calcium: 121.83mg
(12.18%), Magnesium: 47.44mg (11.86%), Fiber: 2.9g (11.61%), Vitamin K: 12.1µg (11.52%), Copper: 0.23mg (11.43%),
Vitamin B6: 0.21mg (10.43%), Vitamin C: 8.49mg (10.29%), Vitamin E: 1.47mg (9.81%), Zinc: 1.42mg (9.48%), Vitamin
B3: 1.87mg (9.34%), Potassium: 304.69mg (8.71%), Vitamin B1: 0.12mg (8.3%), Iron: 1.46mg (8.11%), Folate: 28.89µg
(7.22%), Vitamin B2: 0.09mg (5.51%), Vitamin B5: 0.47mg (4.74%), Vitamin B12: 0.16µg (2.6%)