



Prosciutto and Melon Salad with Cantaloupe Vinaigrette



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



8

CALORIES



175 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 12 cups arugula leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 4 teaspoons canola oil
- ☐ 1 medium cantaloupe peeled seeded cut into 24 slices
- ☐ 1 cup cantaloupe cubed ()
- ☐ 1 medium wedges honeydew melon peeled seeded cut into 24 slices
- ☐ 4 ounces pancetta very thin

- ☐ 2 tablespoons rice vinegar
- ☐ 0.1 teaspoon salt
- ☐ 1 teaspoon sugar

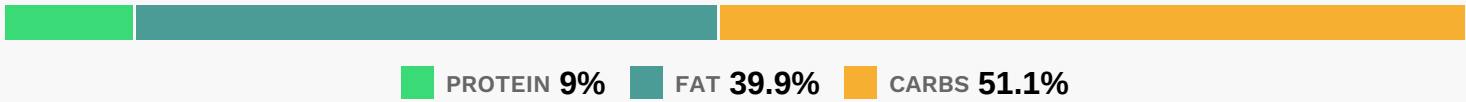
Equipment

- ☐ food processor

Directions

- ☐ Combine first 5 ingredients in a food processor; process until smooth.
- ☐ Place 1 1/2 cups arugula on each of 8 salad plates. Top each serving with 3 honeydew slices, 3 cantaloupe slices, and 1 prosciutto slice.
- ☐ Drizzle each serving with about 1 tablespoon dressing; sprinkle evenly with pepper.

Nutrition Facts



Properties

Glycemic Index:39.89, Glycemic Load:4.98, Inflammation Score:-10, Nutrition Score:14.066521893377%

Flavonoids

Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.57mg, Luteolin:
0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg, Isorhamnetin: 1.29mg,
Isorhamnetin: 1.29mg Kaempferol: 10.53mg, Kaempferol: 10.53mg, Kaempferol: 10.53mg, Kaempferol: 10.53mg
Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg, Quercetin: 2.38mg

Nutrients (% of daily need)

Calories: 175.11kcal (8.76%), Fat: 8.21g (12.64%), Saturated Fat: 2.17g (13.54%), Carbohydrates: 23.66g (7.89%), Net
Carbohydrates: 21.16g (7.69%), Sugar: 21.12g (23.47%), Cholesterol: 9.36mg (3.12%), Sodium: 193.88mg (8.43%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.17g (8.34%), Vitamin A: 3807.81IU (76.16%), Vitamin C: 43mg
(52.12%), Vitamin K: 41.37µg (39.4%), Potassium: 645.05mg (18.43%), Folate: 71.98µg (18%), Vitamin B6: 0.24mg
(11.82%), Magnesium: 43.63mg (10.91%), Vitamin B1: 0.16mg (10.46%), Fiber: 2.5g (10.01%), Manganese: 0.2mg
(9.79%), Vitamin B3: 1.95mg (9.75%), Selenium: 5.6µg (8%), Copper: 0.14mg (7.24%), Phosphorus: 69.1mg (6.91%),
Calcium: 67.14mg (6.71%), Iron: 1.12mg (6.22%), Zinc: 0.85mg (5.64%), Vitamin B5: 0.55mg (5.53%), Vitamin B2:
0.08mg (4.75%), Vitamin E: 0.62mg (4.12%), Vitamin B12: 0.07µg (1.18%)