



Prosciutto and Melon Soup

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



35 min.

SERVINGS



4

CALORIES



163 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 14 ounce canned tomatoes canned (recommended: San Marzano)
- 6 basil leaves fresh very thinly sliced
- 1 cantaloupe melon cut into chunks (5 cups)
- 10 slices pancetta
- 0.5 teaspoon salt

Equipment

- bowl

- baking sheet
- ladle
- oven
- blender
- aluminum foil

Directions

- Watch how to make this recipe.
- Preheat the oven to 350 degrees F.
- Place the prosciutto slices on a foil-lined baking sheet.
- Place in the oven and bake until firm, golden around the edges, and almost crisp, about 18 minutes. Set aside and let cool.
- Place half the melon in the blender with half the tomatoes. Pulse the blender until the mixture is pureed.
- Pour the soup in a large bowl. Puree the remaining melon and tomatoes and add to the bowl.
- Add the salt and pepper.
- Ladle the soup into bowls. Crumble the cooled prosciutto crisps over the top of the soup.
- Sprinkle with basil and serve.

Nutrition Facts



PROTEIN 12.3% **FAT 44.1%** **CARBS 43.6%**

Properties

Glycemic Index:51.88, Glycemic Load:8.91, Inflammation Score:-10, Nutrition Score:13.892608709957%

Flavonoids

Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 162.52kcal (8.13%), Fat: 8.47g (13.03%), Saturated Fat: 2.77g (17.32%), Carbohydrates: 18.85g (6.28%), Net Carbohydrates: 15.82g (5.75%), Sugar: 15.24g (16.94%), Cholesterol: 13.2mg (4.4%), Sodium: 595.51mg (25.89%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.31g (10.63%), Vitamin A: 4920.22IU (98.4%), Vitamin C: 24.28mg (29.43%), Potassium: 550.48mg (15.73%), Copper: 0.31mg (15.57%), Vitamin B3: 2.98mg (14.91%), Manganese: 0.26mg (13.2%), Vitamin B1: 0.2mg (13.17%), Vitamin B6: 0.26mg (12.93%), Fiber: 3.03g (12.12%), Vitamin K: 11.68µg (11.12%), Iron: 1.93mg (10.72%), Magnesium: 40.79mg (10.2%), Selenium: 6.97µg (9.96%), Vitamin E: 1.4mg (9.34%), Phosphorus: 84.54mg (8.45%), Folate: 32.65µg (8.16%), Zinc: 1.12mg (7.45%), Vitamin B2: 0.11mg (6.22%), Vitamin B5: 0.53mg (5.35%), Calcium: 48.95mg (4.9%), Vitamin B12: 0.1µg (1.67%)