



Prosciutto and Pine Nut Salad with Balsamic Vinaigrette

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



320 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup olive oil
- 0.3 cup balsamic vinegar
- 2 tablespoons honey
- 1 teaspoon dijon mustard
- 1 clove garlic finely chopped
- 10 oz the salad mixed
- 2 slices pancetta cut into strips

- 1 oz parmesan shredded
- 0.3 cup pinenuts toasted

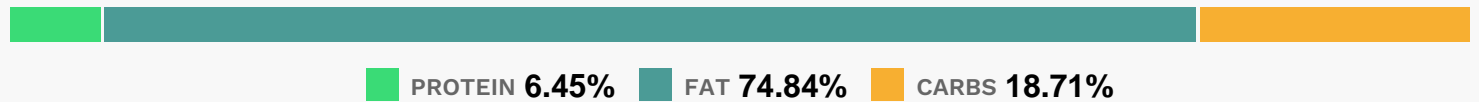
Equipment

- bowl
- whisk

Directions

- In small bowl, beat all vinaigrette ingredients with wire whisk until smooth.
- In serving bowl, toss greens, prosciutto, cheese and pine nuts. Just before serving, pour vinaigrette over salad and toss to coat.

Nutrition Facts



Properties

Glycemic Index:47.82, Glycemic Load:6, Inflammation Score:-6, Nutrition Score:9.4713044049947%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 319.53kcal (15.98%), Fat: 27.29g (41.98%), Saturated Fat: 4.6g (28.77%), Carbohydrates: 15.35g (5.12%), Net Carbohydrates: 14.94g (5.43%), Sugar: 11.39g (12.65%), Cholesterol: 7.46mg (2.49%), Sodium: 176.94mg (7.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.58%), Manganese: 0.9mg (44.79%), Vitamin E: 3.42mg (22.78%), Vitamin C: 16.8mg (20.37%), Vitamin A: 865.36IU (17.31%), Vitamin K: 15.54µg (14.8%), Phosphorus: 137.05mg (13.7%), Calcium: 101.94mg (10.19%), Magnesium: 35.48mg (8.87%), Copper: 0.16mg (8.09%), Folate: 29.91µg (7.48%), Iron: 1.28mg (7.11%), Zinc: 0.99mg (6.58%), Potassium: 215.09mg (6.15%), Vitamin B2: 0.09mg (5.12%), Vitamin B3: 0.97mg (4.83%), Selenium: 3.36µg (4.8%), Vitamin B6: 0.09mg (4.72%), Vitamin B1: 0.07mg (4.64%), Vitamin B5: 0.18mg (1.81%), Vitamin B12: 0.1µg (1.75%), Fiber: 0.4g (1.61%)