

Prosciutto e Melone (Italian Ham and Melon)

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

READY IN



10 min.

SERVINGS



8

CALORIES



57 kcal

SIDE DISH

Ingredients

- 1 cantaloupe seeded cut into 8 wedges
- 8 slices pancetta thin

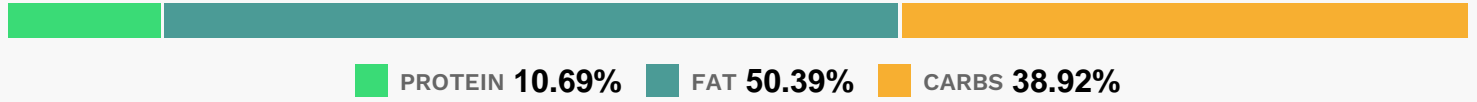
Equipment

Directions

- Remove the flesh from the rind of the cantaloupe; wrap each piece of cantaloupe with a slice of the ham.

Serve cold.

Nutrition Facts



Properties

Glycemic Index:8.44, Glycemic Load:3.43, Inflammation Score:-8, Nutrition Score:4.2713043294523%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 56.82kcal (2.84%), Fat: 3.3g (5.08%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 5.73g (1.91%), Net Carbohydrates: 5.18g (1.88%), Sugar: 5.44g (6.04%), Cholesterol: 5.28mg (1.76%), Sodium: 73.66mg (3.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.15%), Vitamin A: 2336.54IU (46.73%), Vitamin C: 7.52mg (9.12%), Vitamin B3: 0.8mg (4%), Selenium: 2.78µg (3.97%), Vitamin B1: 0.06mg (3.73%), Potassium: 124.17mg (3.55%), Copper: 0.06mg (3.1%), Zinc: 0.4mg (2.65%), Magnesium: 9.93mg (2.48%), Vitamin B6: 0.05mg (2.44%), Folate: 9.66µg (2.41%), Phosphorus: 23.25mg (2.33%), Fiber: 0.55g (2.21%), Vitamin K: 1.86µg (1.77%), Iron: 0.29mg (1.64%), Vitamin B2: 0.03mg (1.48%), Manganese: 0.03mg (1.46%), Vitamin B5: 0.12mg (1.17%)