



Prosciutto, Mango, and Parmesan Salad

 Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



80 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 4 cups mangos peeled coarsely chopped (4 mangoes)
- ☐ 3 ounces parmesan shaved
- ☐ 4 ounces pancetta thinly sliced coarsely chopped

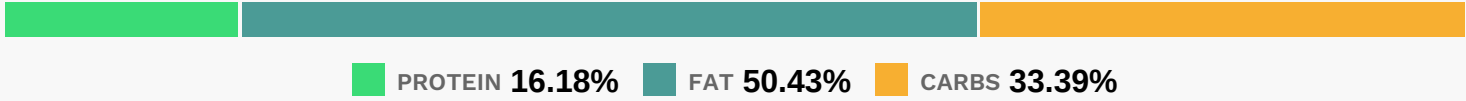
Equipment

- ☐ bowl

Directions

☐ Combine all ingredients in a bowl, and toss gently.

Nutrition Facts



Properties

Glycemic Index:7.38, Glycemic Load:3.1, Inflammation Score:-4, Nutrition Score:3.7799999895303%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg

Nutrients (% of daily need)

Calories: 80.23kcal (4.01%), Fat: 4.63g (7.13%), Saturated Fat: 1.98g (12.35%), Carbohydrates: 6.9g (2.3%), Net Carbohydrates: 6.19g (2.25%), Sugar: 6.07g (6.75%), Cholesterol: 8.85mg (2.95%), Sodium: 141.32mg (6.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.35g (6.69%), Vitamin C: 16.02mg (19.41%), Vitamin A: 523.34IU (10.47%), Calcium: 72.5mg (7.25%), Phosphorus: 56.45mg (5.64%), Folate: 19.32µg (4.83%), Selenium: 3.06µg (4.37%), Vitamin B6: 0.08mg (3.89%), Vitamin B3: 0.61mg (3.07%), Vitamin E: 0.44mg (2.94%), Fiber: 0.71g (2.85%), Copper: 0.05mg (2.71%), Potassium: 94.55mg (2.7%), Vitamin B2: 0.04mg (2.45%), Vitamin B1: 0.04mg (2.36%), Magnesium: 7.86mg (1.96%), Zinc: 0.29mg (1.9%), Vitamin K: 2µg (1.9%), Vitamin B12: 0.11µg (1.76%), Manganese: 0.03mg (1.7%), Vitamin B5: 0.15mg (1.55%)