



Prosciutto, Melon, and Mozzarella



Gluten Free



Popular

READY IN



15 min.

SERVINGS



30

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.3 lb prosciutto di parma italian thinly sliced



1 wedges honeydew melon



30 servings optional: lemon for squeezing



8 ounce cherry-size mozzarella cheese fresh cut in half



30 servings bamboo skewers



30 servings melon baller

Equipment



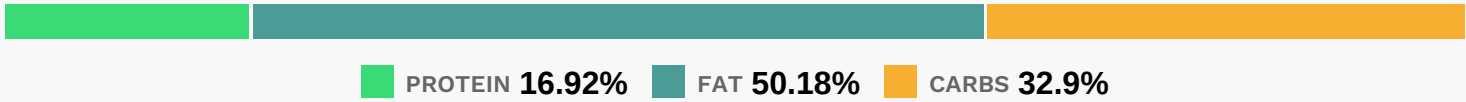
bowl

- ☐ toothpicks
- ☐ melon baller

Directions

- ☐ Cut the melon in half and remove the seeds. Using a melon baller, scoop up the melon into small balls.
- ☐ Place melon balls in a bowl and sprinkle lemon or lime juice all over them.
- ☐ Take a small strip of prosciutto and wrap it around a melon ball.
- ☐ Pierce through with a toothpick and add a piece of mozzarella if desired.
- ☐ Repeat for all melon balls. Arrange on a platter.

Nutrition Facts



Properties

Glycemic Index:4.42, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:2.4952174036399%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg,
Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin:
0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin:
0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg,
Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 56.28kcal (2.81%), Fat: 3.28g (5.04%), Saturated Fat: 1.52g (9.48%), Carbohydrates: 4.83g (1.61%), Net
Carbohydrates: 4.27g (1.55%), Sugar: 3.79g (4.21%), Cholesterol: 8.47mg (2.82%), Sodium: 80.48mg (3.5%), Alcohol:
Og (100%), Alcohol %: 0% (100%), Protein: 2.49g (4.97%), Vitamin C: 11.54mg (13.99%), Calcium: 42.99mg (4.3%),
Phosphorus: 38.52mg (3.85%), Potassium: 122.68mg (3.51%), Selenium: 2.38µg (3.4%), Vitamin B12: 0.19µg (3.19%),
Vitamin B6: 0.06mg (2.89%), Folate: 9.74µg (2.43%), Fiber: 0.56g (2.25%), Vitamin A: 109.33IU (2.19%), Vitamin B1:
0.03mg (2.13%), Zinc: 0.32mg (2.1%), Vitamin B2: 0.03mg (1.84%), Vitamin B3: 0.35mg (1.76%), Magnesium: 6.92mg
(1.73%), Vitamin K: 1.41µg (1.34%), Vitamin B5: 0.11mg (1.14%)