



Prosciutto-Melon Bites

 Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



55 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cantaloupe diced finely
- ☐ 1 tablespoon olive oil extra virgin
- ☐ 8 large mint leaves fresh thinly sliced
- ☐ 0.3 teaspoon ground pepper fresh
- ☐ 0.5 cup honeydew diced finely
- ☐ 0.8 teaspoon lemon zest
- ☐ 2 oz pancetta finely chopped thin
- ☐ 1 pinch salt

☐ 3.5 oz toasts miniature 32

Equipment

☐ bowl

☐ grill

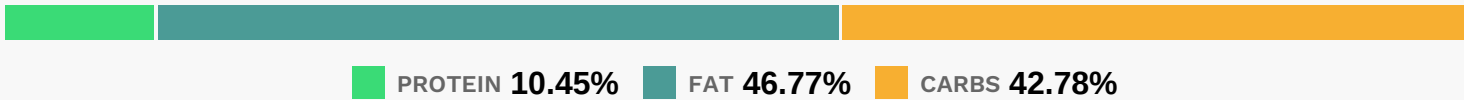
Directions

☐ Combine first 8 ingredients in a small bowl. Arrange toasts on a serving platter. Top each with 1 rounded teaspoonful cantaloupe mixture.

☐ Note: For testing purposes only, we used Ile de France Le Petit Pain Grill.

☐ Red Bell Pepper-Feta Toasts: Stir together 1/3 cup finely chopped roasted red bell pepper, 1/3 cup crumbled feta cheese, 2 Tbsp. minced golden raisins, 1 1/2 Tbsp. minced drained capers, 2 tsp. extra virgin olive oil, 5 thinly sliced basil leaves, and a pinch of salt and pepper. Arrange 32 miniature toasts on a serving platter. Top each toast with 1 rounded teaspoonful red bell pepper mixture. Makes 8 to 12 appetizer servings. Prep: 20 min.

Nutrition Facts



Properties

Glycemic Index:6.63, Glycemic Load:0.27, Inflammation Score:-2, Nutrition Score:0.9365217352043%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg

Nutrients (% of daily need)

Calories: 54.83kcal (2.74%), Fat: 2.9g (4.46%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 5.97g (1.99%), Net Carbohydrates: 5.38g (1.95%), Sugar: 1.33g (1.47%), Cholesterol: 2.49mg (0.83%), Sodium: 63.5mg (2.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.46g (2.92%), Vitamin A: 207.49IU (4.15%), Fiber: 0.59g (2.36%), Vitamin C: 1.9mg (2.3%), Selenium: 0.89µg (1.27%), Vitamin B3: 0.22mg (1.11%), Vitamin B1: 0.02mg (1.05%), Vitamin E: 0.16mg (1.03%)