



Prosciutto-Wrapped Crostini with Melon Salsa Crudo

READY IN



37 min.

SERVINGS



24

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 long loaf bread such as pugliese country-style
- ☐ 1 cantaloupe ripe
- ☐ 2 tablespoons champagne vinegar
- ☐ 2 tablespoons flat-leaf parsley minced
- ☐ 24 servings olive oil extra-virgin
- ☐ 1 cup parmesan
- ☐ 12 slices pancetta sliced in 1/2 crosswise
- ☐ 1 small onion red minced

- ☐ 24 servings salt
- ☐ 24 servings salt and pepper black freshly ground

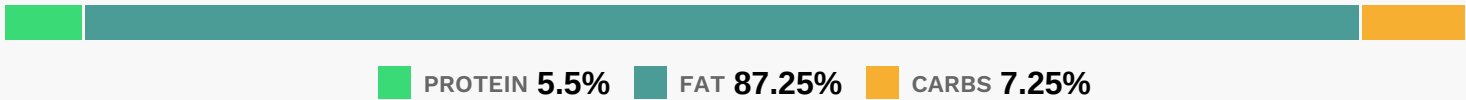
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F.
- ☐ Cut the loaf of bread in half crosswise, then cut each half lengthwise into 1-inch thick slices.
- ☐ Lay the slices in a single layer on baking sheets. Generously drizzle the top side of each slice with olive oil and season with salt and pepper to taste.
- ☐ Sprinkle the Parmesan over the slices. Cook in the oven until golden brown, about 10 to 12 minutes. Set aside.
- ☐ Marinate the onions in the vinegar for 5 minutes. While the onion is marinating, peel, seed and dice the melon and place in a bowl.
- ☐ Add the diced melon to the onions, season with salt and stir to blend together.
- ☐ Add the minced parsley and stir to combine.
- ☐ Wrap the end of each crostini with a piece of prosciutto. Arrange on a platter and spoon a tablespoon of melon salsa on each and serve.
- ☐ Serve remaining salsa on the side.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:1.59, Inflammation Score:-5, Nutrition Score:3.6973912534506%

Flavonoids

Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg, Quercetin: 0.93mg

Nutrients (% of daily need)

Calories: 170.23kcal (8.51%), Fat: 16.77g (25.8%), Saturated Fat: 3.17g (19.82%), Carbohydrates: 3.13g (1.04%), Net Carbohydrates: 2.79g (1.01%), Sugar: 2.11g (2.34%), Cholesterol: 5.47mg (1.82%), Sodium: 300.21mg (13.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Vitamin A: 840.62IU (16.81%), Vitamin K: 14.83µg (14.12%), Vitamin E: 2.06mg (13.74%), Calcium: 55.35mg (5.54%), Phosphorus: 41.87mg (4.19%), Vitamin C: 3.3mg (4%), Selenium: 2.5µg (3.57%), Manganese: 0.04mg (2.24%), Vitamin B1: 0.03mg (2.08%), Vitamin B3: 0.41mg (2.04%), Zinc: 0.29mg (1.92%), Potassium: 60.04mg (1.72%), Iron: 0.31mg (1.7%), Magnesium: 6.63mg (1.66%), Vitamin B2: 0.03mg (1.65%), Vitamin B6: 0.03mg (1.55%), Folate: 5.9µg (1.47%), Copper: 0.03mg (1.41%), Fiber: 0.34g (1.38%), Vitamin B12: 0.07µg (1.17%)