



WHATSheATE



## Prosciutto-Wrapped Mango Bites



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



21 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 1.5 cups arugula loosely packed
- ☐ 4 slices country ham very thin
- ☐ 1 oz basil fresh
- ☐ 0.3 teaspoon coarsely ground pepper
- ☐ 1 mangos ripe peeled

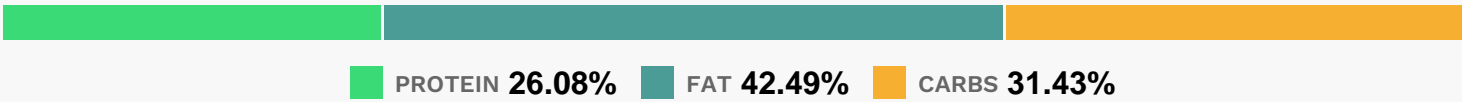
### Equipment

- ☐ paper towels

# Directions

- ☐ Cut mango into 1/4- to 1/2-inch slices (about 16).
- ☐ Place 1 mango slice on top of 3 arugula leaves and 1 to 2 basil leaves.
- ☐ Cut each prosciutto slice lengthwise into 4 strips. Wrap center of each mango bundle with 1 prosciutto strip. Arrange on a serving platter, and sprinkle with pepper.
- ☐ Note: To make ahead, prepare recipe as directed. Cover bites with damp paper towels, and chill 30 minutes.
- ☐ Prosciutto-Wrapped Melon Bites: Substitute half of 1 small cantaloupe or honeydew for mango. Proceed with recipe as directed.
- ☐ Prosciutto-Wrapped Pear Bites: Substitute 1 ripe pear, unpeeled, for mango.
- ☐ Cut pear as directed in Step Toss together pear slices and 1/2 cup lemon-lime soft drink to prevent browning; drain. Proceed with recipe as directed.
- ☐ Prosciutto-Wrapped Apple Bites: Substitute 1 Gala apple, unpeeled, for mango.
- ☐ Cut apple as directed in Step Toss together apple slices and 1/2 cup lemon-lime soft drink to prevent browning; drain. Proceed with recipe as directed.
- ☐ Note: To make ahead, prepare recipe as directed. Cover bites with damp paper towels, and chill 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:9.29, Glycemic Load:0.74, Inflammation Score:-2, Nutrition Score:1.7421739127325%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

## Nutrients (% of daily need)

Calories: 20.58kcal (1.03%), Fat: 1g (1.54%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 1.66g (0.55%), Net Carbohydrates: 1.44g (0.52%), Sugar: 1.45g (1.61%), Cholesterol: 3.47mg (1.16%), Sodium: 67.04mg (2.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.38g (2.76%), Vitamin K: 7.99µg (7.61%), Vitamin C: 4.25mg (5.15%), Vitamin A: 222.49IU (4.45%), Vitamin B1: 0.04mg (2.51%), Selenium: 1.34µg (1.92%), Vitamin B6: 0.04mg (1.85%), Folate: 7.04µg (1.76%), Vitamin B3: 0.34mg (1.68%), Manganese: 0.03mg (1.58%), Phosphorus: 15.05mg (1.5%), Potassium: 43.45mg (1.24%), Copper: 0.02mg (1.15%), Vitamin B2: 0.02mg (1.1%), Zinc: 0.16mg (1.05%)