



Prosciutto Wrapped Melon Balls



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



36

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 36 sprigs mint leaves fresh
- ☐ 1 wedges honeydew melon with a melon baller
- ☐ 0.3 cup juice of lime
- ☐ 9 ounces pancetta thinly sliced

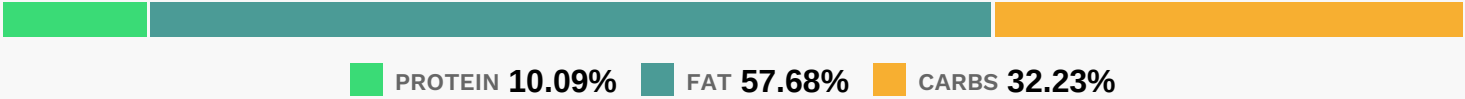
Equipment

- ☐ bowl

Directions

☐ Place melon balls into a bowl, and sprinkle with lime juice. Stir gently to coat. Wrap each ball with a slice of prosciutto, and secure with a sprig of mint. Arrange on a serving tray.
Refrigerate until serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.5960869568845%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 43.47kcal (2.17%), Fat: 2.87g (4.42%), Saturated Fat: 0.96g (5.99%), Carbohydrates: 3.61g (1.2%), Net Carbohydrates: 3.24g (1.18%), Sugar: 2.92g (3.24%), Cholesterol: 4.68mg (1.56%), Sodium: 53.66mg (2.33%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Vitamin C: 7.22mg (8.75%), Potassium: 102.76mg (2.94%), Vitamin B6: 0.05mg (2.6%), Selenium: 1.68µg (2.39%), Vitamin B1: 0.03mg (2.29%), Vitamin B3: 0.45mg (2.27%), Folate: 8.06µg (2.02%), Phosphorus: 15.08mg (1.51%), Fiber: 0.37g (1.48%), Magnesium: 5.34mg (1.34%), Vitamin A: 63.72IU (1.27%), Manganese: 0.02mg (1.12%)