



Prosciutto-Wrapped Melon Bites



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



20

CALORIES



24 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups arugula loosely packed
- ☐ 1 half of cantaloupe
- ☐ 4 slices country ham very thin
- ☐ 1 oz basil fresh
- ☐ 0.3 teaspoon coarsely ground pepper

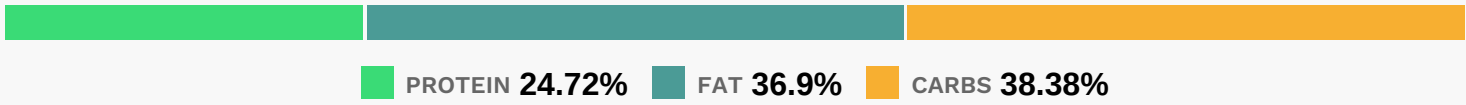
Equipment

- ☐ paper towels

Directions

- ☐ Cut melon into 1/4- to 1/2-inch slices (about 16).
- ☐ Place 1 melon 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 melon 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.

Nutrition Facts



Properties

Glycemic Index:10.07, Glycemic Load:1.39, Inflammation Score:-6, Nutrition Score:2.6730434389218%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 23.76kcal (1.19%), Fat: 1.01g (1.55%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 2.09g (0.76%), Sugar: 2.21g (2.46%), Cholesterol: 3.47mg (1.16%), Sodium: 75.22mg (3.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.04%), Vitamin A: 1043.94IU (20.88%), Vitamin K: 8.3µg (7.91%), Vitamin C: 3.49mg (4.23%), Vitamin B1: 0.05mg (3.22%), Selenium: 1.75µg (2.5%), Vitamin B3: 0.46mg (2.3%), Potassium: 69.4mg (1.98%), Phosphorus: 18.29mg (1.83%), Manganese: 0.04mg (1.82%), Zinc: 0.27mg (1.8%), Vitamin B6: 0.04mg (1.78%), Copper: 0.04mg (1.75%), Folate: 6.46µg (1.61%), Magnesium: 6.31mg (1.58%), Vitamin B2: 0.02mg (1.31%), Iron: 0.22mg (1.24%), Fiber: 0.27g (1.1%)