



Shaved Cantaloupe and Prosciutto Salad



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



8

CALORIES



70 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 cantaloupe ripe halved seeded



8 mint leaves sliced



2 tablespoons olive oil extra-virgin



1 oz pancetta thinly sliced

Equipment



baking sheet



oven



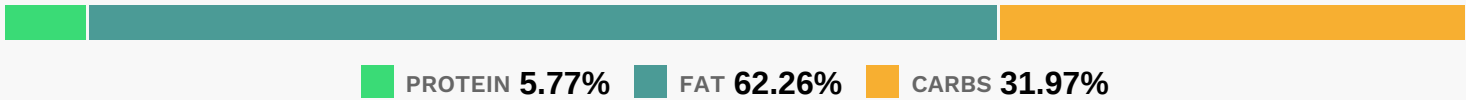
knife

- ☐ mandoline
- ☐ peeler

Directions

- ☐ Heat oven to 35
- ☐ Set a rack over a rimmed baking sheet.
- ☐ Lay prosciutto on rack and bake until crisp, 8 to 10 minutes.
- ☐ Let cool, then break into shards and chips.
- ☐ Shave off ribbons of cantaloupe onto a large serving platter, using a vegetable peeler, mandoline, or very sharp knife.
- ☐ Sprinkle prosciutto and mint over melon shavings.
- ☐ Drizzle oil over salad.

Nutrition Facts



Properties

Glycemic Index:8.44, Glycemic Load:3.43, Inflammation Score:-9, Nutrition Score:4.4099999756917%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 69.88kcal (3.49%), Fat: 5.04g (7.75%), Saturated Fat: 0.99g (6.2%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 5.19g (1.89%), Sugar: 5.44g (6.04%), Cholesterol: 2.34mg (0.78%), Sodium: 44.54mg (1.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Vitamin A: 2377.37IU (47.55%), Vitamin C: 7.84mg (9.5%), Vitamin K: 3.97µg (3.78%), Vitamin E: 0.55mg (3.69%), Potassium: 121.07mg (3.46%), Vitamin B3: 0.64mg (3.19%), Copper: 0.06mg (3.17%), Vitamin B1: 0.04mg (2.96%), Folate: 10.8µg (2.7%), Selenium: 1.89µg (2.69%), Magnesium: 10.2mg (2.55%), Fiber: 0.63g (2.53%), Zinc: 0.36mg (2.38%), Manganese: 0.04mg (2.02%), Iron: 0.35mg (1.93%), Vitamin B6: 0.04mg (1.92%), Phosphorus: 17.56mg (1.76%), Vitamin B2: 0.02mg (1.42%)