



Skewered melon & prosciutto



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



40

CALORIES



15 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cantaloupe cut into 40 bite-size pieces
- ☐ 12 slices pancetta
- ☐ 40 celery stalks

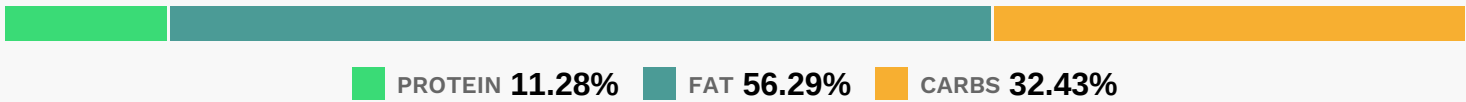
Equipment

- ☐ cocktail sticks

Directions

- ☐ Quarter and deseed the cantaloupe.
- ☐ Peel, then cut the flesh into about 40 bite-size chunks.
- ☐ Cut 12-14 slices prosciutto into 3 long strips each, then wrap a strip around each melon chunk.
- ☐ Secure with a cocktail stick.

Nutrition Facts



Properties

Glycemic Index:2.49, Glycemic Load:0.7, Inflammation Score:-3, Nutrition Score:1.0717391259968%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 15.26kcal (0.76%), Fat: 0.98g (1.51%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 1.28g (0.43%), Net Carbohydrates: 1.1g (0.4%), Sugar: 1.14g (1.27%), Cholesterol: 1.58mg (0.53%), Sodium: 23.23mg (1.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.89%), Vitamin A: 485.56IU (9.71%), Vitamin C: 1.63mg (1.97%), Vitamin K: 1.54µg (1.47%), Potassium: 36.82mg (1.05%), Selenium: 0.73µg (1.05%), Vitamin B3: 0.21mg (1.03%)