



## Summer Melon with Fig and Proscuitto Fruit Cup

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



502 kcal

SIDE DISH

### Ingredients

- ☐ 1 bunch basil leaves picked
- ☐ 1 cantaloupe peeled seeded cut into medium dice
- ☐ 1 tablespoon pepper for garnish
- ☐ 0.3 cup olive oil extra virgin
- ☐ 4 figs black trimmed quartered
- ☐ 1 cavaillon melon or peeled seeded cut into medium dice
- ☐ 0.5 pound pancetta julienned

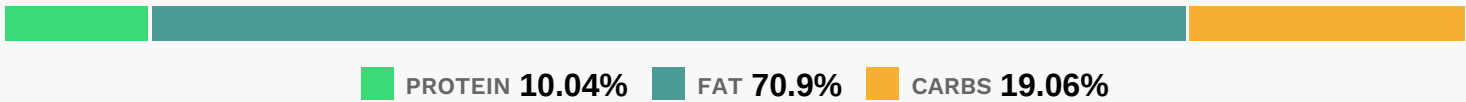
- ☐ 4 ounce pecorino shaved for garnish
- ☐ 0.3 pound arugula

## Equipment

## Directions

- ☐ For each serving, place 2 ounces of each melon in the center of the plate.
- ☐ Place 1/2 ounce prosciutto on top of the melon, followed by 8 micro basil leaves, 4 fig quarters, and a few rocket leaves.
- ☐ Drizzle about 1 tablespoon olive oil on top and garnish with the shaved ricotta and a pinch of chile flakes.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ Mixt Greens. Partnering with his sister and brother-in-law, Leslie and David Silverglide, the team launched the San Francisco Bay Area's greenest restaurant in 200
- ☐ Mixt has since expanded to multiple locations across the country while still preserving its gutsy approach to salads, maintaining ecologically sound business practices, and retaining its original mandate of environmental sustainability. Swallow's home base is in San Francisco.

## Nutrition Facts



## Properties

Glycemic Index:76.38, Glycemic Load:12.27, Inflammation Score:-10, Nutrition Score:19.609565138817%

## Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg, Isorhamnetin: 1.22mg Kaempferol: 9.99mg, Kaempferol: 9.99mg, Kaempferol: 9.99mg, Kaempferol: 9.99mg Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg, Quercetin: 4.99mg

## Nutrients (% of daily need)

Calories: 502.27kcal (25.11%), Fat: 40.57g (62.41%), Saturated Fat: 11.93g (74.55%), Carbohydrates: 24.54g (8.18%), Net Carbohydrates: 20.81g (7.57%), Sugar: 19.84g (22.05%), Cholesterol: 51.88mg (17.29%), Sodium: 481.91mg (20.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.92g (25.84%), Vitamin A: 6264.98IU (125.3%), Vitamin K: 55.83µg (53.17%), Selenium: 18.45µg (26.36%), Vitamin C: 20.7mg (25.1%), Vitamin E: 3.24mg (21.63%), Vitamin B3: 3.81mg (19.03%), Vitamin B1: 0.28mg (18.4%), Phosphorus: 178.82mg (17.88%), Potassium: 624.76mg (17.85%), Vitamin B6: 0.34mg (17.03%), Fiber: 3.74g (14.95%), Calcium: 147.11mg (14.71%), Manganese: 0.28mg (13.82%), Folate: 55.22µg (13.8%), Magnesium: 53.97mg (13.49%), Zinc: 1.92mg (12.77%), Vitamin B2: 0.21mg (12.25%), Copper: 0.23mg (11.57%), Iron: 1.95mg (10.83%), Vitamin B5: 0.82mg (8.16%), Vitamin B12: 0.38µg (6.33%), Vitamin D: 0.28µg (1.89%)