



## Watermelon Salad with Mint and Crispy Prosciutto

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



313 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup mint leaves fresh
- 4 servings kosher salt and pepper
- 2 tablespoons juice of lime fresh
- 1 tablespoon olive oil extra-virgin
- 4 ounces pancetta thinly sliced
- 6 radishes quartered
- 0.3 cup peanuts salted chopped

- 4 scallions sliced
- 3 pounds watermelon (including rind)

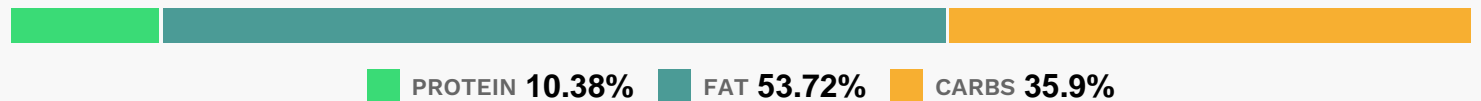
## Equipment

- baking sheet
- oven

## Directions

- Heat oven to 400 F. Arrange the prosciutto in a single layer on a baking sheet.
- Bake until crisp, 8 to 10 minutes. Trim and discard the rind from the watermelon.
- Cut the flesh into 1/4-inch-thick triangles.
- Place the watermelon in serving dishes and sprinkle with the radishes, scallions, mint, and peanuts.
- Drizzle with the lime juice and oil. Season with 1/4 teaspoon salt and 1/8 teaspoon pepper. Break the prosciutto into pieces and sprinkle over the salad before serving.

## Nutrition Facts



## Properties

Glycemic Index:34.67, Glycemic Load:18.38, Inflammation Score:-9, Nutrition Score:13.477826097737%

## Flavonoids

Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg, Pelargonidin: 3.79mg Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg, Eriodictyol: 1.03mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg, Luteolin: 1.93mg Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg, Kaempferol: 1.75mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

## Nutrients (% of daily need)

Calories: 312.69kcal (15.63%), Fat: 19.8g (30.46%), Saturated Fat: 5.01g (31.31%), Carbohydrates: 29.77g (9.92%), Net Carbohydrates: 26.94g (9.8%), Sugar: 21.61g (24.01%), Cholesterol: 18.71mg (6.24%), Sodium: 429.73mg (18.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.61g (17.21%), Vitamin A: 2189.48IU (43.79%), Vitamin

C: 33.84mg (41.02%), Vitamin K: 27.41µg (26.1%), Manganese: 0.41mg (20.28%), Potassium: 579.91mg (16.57%), Vitamin B3: 3.25mg (16.23%), Vitamin B1: 0.23mg (15.4%), Magnesium: 58.61mg (14.65%), Vitamin B6: 0.27mg (13.5%), Phosphorus: 122.3mg (12.23%), Copper: 0.24mg (11.97%), Fiber: 2.84g (11.34%), Selenium: 7.86µg (11.23%), Vitamin B5: 1.07mg (10.74%), Folate: 34.84µg (8.71%), Iron: 1.51mg (8.39%), Vitamin B2: 0.12mg (7.22%), Zinc: 0.96mg (6.39%), Vitamin E: 0.88mg (5.86%), Calcium: 52.54mg (5.25%), Vitamin B12: 0.14µg (2.36%)