

Prosciutto with Melon II

Publix Apron's Simple Meals
Publix Grape Magazine - Summer 2013

Servings: 16

1/2 cup olive oil
1/4 cup lemon juice
2 teaspoons honey
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1 cantaloupe, peeled and cut into one-inch wedges
8 ounces sliced Deli prosciutto ham
2/3 cup snipped fresh basil

In a small bowl, whisk together the olive oil, lemon juice, honey, salt and ground black pepper.

Wrap each melon slice with some of the prosciutto.

Drizzle with the lemon vinaigrette and top with the snipped fresh basil.

Serve with the toothpicks or skewers.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 75 Calories; 7g Fat (78.2% calories from fat); trace Protein; 4g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 70mg Sodium. Exchanges: 0 Grain(Starch); 0 Fruit; 1 1/2 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	75	Vitamin B6 (mg):	trace
% Calories from Fat:	78.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	20.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	7g	Folacin (mcg):	6mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	5g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	n n%
Carbohydrate (g):	4g		
Dietary Fiber (g):	trace		

Food Exchanges

Grain (Starch): 0

Protein (g): trace
Sodium (mg): 70mg
Potassium (mg): 112mg
Calcium (mg): 5mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 16mg
Vitamin A (i.u.): 1113IU
Vitamin A (r.e.): 111 1/2RE

Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 75 **Calories from Fat:** 59

% Daily Values*

Total Fat	7g	11%
Saturated Fat	1g	5%
Cholesterol	0mg	0%
Sodium	70mg	3%
Total Carbohydrates	4g	1%
Dietary Fiber	trace	1%
Protein	trace	

Vitamin A	22%
Vitamin C	27%
Calcium	0%
Iron	1%

* Percent Daily Values are based on a 2000 calorie diet.