

Prosciutto with Melon

Martha Stewart

AARP Magazine - October/November 2012

Yield: 12 appetizers

1/2 honeydew melon

6 slices (about 3 ounces) prosciutto

Seed the melon. Slice into twelve 1/2-inch pieces; remove the rind from each piece.

Halve the prosciutto slices lengthwise.

Wrap one slice around each melon slice.

Per Serving (excluding unknown items): 2878 Calories; 114g Fat (36.6% calories from fat); 381g Protein; 63g Carbohydrate; 4g Dietary Fiber; 953mg Cholesterol; 36738mg Sodium. Exchanges: 54 1/2 Lean Meat; 4 Fruit.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	2878	Vitamin B6 (mg):	6.1mg
% Calories from Fat:	36.6%	Vitamin B12 (mcg):	11.9mcg
% Calories from Carbohydrates:	9.0%	Thiamin B1 (mg):	8.2mg
% Calories from Protein:	54.5%	Riboflavin B2 (mg):	3.4mg
Total Fat (g):	114g	Folacin (mcg):	106mcg
Saturated Fat (g):	38g	Niacin (mg):	57mg
Monounsaturated Fat (g):	52g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	13g	Alcohol (kcal):	0
Cholesterol (mg):	953mg	% Refuse:	n n%
Carbohydrate (g):	63g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	0
Protein (g):	381g	Lean Meat:	54 1/2
Sodium (mg):	36738mg	Vegetable:	0
Potassium (mg):	8674mg	Fruit:	4
Calcium (mg):	174mg	Non-Fat Milk:	0
Iron (mg):	16mg	Fat:	0
Zinc (mg):	39mg	Other Carbohydrates:	0

Vitamin C (mg): 159mg
Vitamin A (i.u.): 256IU
Vitamin A (r.e.): 25 1/2RE

Nutrition Facts

Amount Per Serving

Calories 2878 Calories from Fat: 1052

% Daily Values*

Total Fat	114g	175%
Saturated Fat	38g	190%
Cholesterol	953mg	318%
Sodium	36738mg	1531%
Total Carbohydrates	63g	21%
Dietary Fiber	4g	15%
Protein	381g	
<hr/>		
Vitamin A		5%
Vitamin C		265%
Calcium		17%
Iron		86%

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