



## Asian Watermelon Salad

 Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



183 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 tablespoon fish sauce
- 0.3 cup basil fresh chopped
- 0.3 cup cilantro leaves fresh chopped
- 0.3 cup mint leaves fresh chopped
- 1 clove garlic minced
- 1 piece ginger minced peeled
- 3 juice of lime
- 6 servings kosher salt

- 3 tablespoons cocktail peanuts roughly chopped
- 1 jalapeno red thinly sliced
- 2 small shallots thinly sliced finely chopped (1, 1)
- 1 tablespoon soya sauce
- 0.3 cup vegetable oil
- 4 cups watermelon seedless chopped

## Equipment

- bowl
- paper towels
- sauce pan
- whisk
- kitchen thermometer
- slotted spoon

## Directions

- Heat the peanut oil in a small saucepan over medium-high heat until a deep-fry thermometer registers 350 degrees F.
- Add the sliced shallot and cook, stirring often, until golden brown, about 3 minutes.
- Remove with a slotted spoon and drain on paper towels; season with salt.
- Whisk 2 tablespoons of the frying oil, the chopped shallot, lime juice, fish sauce, soy sauce, garlic, ginger and jalapeno in a large bowl.
- Add the watermelon and toss to combine.
- Let sit 10 minutes.
- Add the cilantro, basil, mint and 2 tablespoons peanuts to the salad and season with salt; toss to combine. Top with the remaining 1 tablespoon peanuts and the fried shallot.
- Photograph by Kana Okada

## Nutrition Facts



■ PROTEIN 5.99% ■ FAT 68.53% ■ CARBS 25.48%

## Properties

Glycemic Index:54.32, Glycemic Load:5.98, Inflammation Score:-7, Nutrition Score:7.2995653094157%

## Flavonoids

Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg, Luteolin: 0.78mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

## Nutrients (% of daily need)

Calories: 183.43kcal (9.17%), Fat: 14.82g (22.81%), Saturated Fat: 2.26g (14.12%), Carbohydrates: 12.4g (4.13%), Net Carbohydrates: 10.85g (3.95%), Sugar: 7.51g (8.35%), Cholesterol: 0mg (0%), Sodium: 601.97mg (26.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.83%), Vitamin K: 31.16µg (29.67%), Vitamin C: 18.23mg (22.1%), Vitamin A: 843.55IU (16.87%), Manganese: 0.28mg (14.19%), Magnesium: 33.19mg (8.3%), Vitamin E: 1.13mg (7.53%), Potassium: 248.27mg (7.09%), Vitamin B6: 0.14mg (7.09%), Folate: 26.43µg (6.61%), Vitamin B3: 1.31mg (6.54%), Copper: 0.13mg (6.36%), Fiber: 1.55g (6.18%), Vitamin B1: 0.08mg (5.61%), Iron: 0.88mg (4.86%), Phosphorus: 46.92mg (4.69%), Vitamin B5: 0.4mg (3.96%), Calcium: 30.04mg (3%), Vitamin B2: 0.05mg (2.96%), Zinc: 0.33mg (2.21%), Selenium: 1.28µg (1.83%)