



Awesome Summer Watermelon Salad

 Vegetarian  Gluten Free  Popular

READY IN



50 min.

SERVINGS



6

CALORIES



154 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup balsamic vinegar
- 0.5 teaspoon pepper black freshly ground
- 1 tablespoon dijon mustard
- 1 cup feta cheese crumbled
- 1 tablespoon garlic chopped
- 6 servings coarsely ground pepper black to taste
- 0.5 teaspoon kosher salt
- 0.8 cup olive oil

- 0.5 onion red very thin sliced
- 3 cups cubes watermelon

Equipment

- bowl
- whisk

Directions

- Mix the vinegar and Dijon mustard in a bowl. Stir the garlic, salt, and pepper into the mixture. Slowly stream the olive oil into the dressing while whisking vigorously.
- Place the dressing in the refrigerator until ready to use.
- Combine the watermelon, feta cheese, and red onion in a large bowl; toss lightly to mix. Season with the coarsely ground black pepper.
- Pour about half the dressing over the salad; gently toss to coat. Refrigerate the salad at least 30 minutes.
- Drizzle the remaining dressing over the salad just before serving.

Nutrition Facts



Properties

Glycemic Index:50.78, Glycemic Load:5.58, Inflammation Score:-5, Nutrition Score:5.8421739365744%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg, Quercetin: 1.88mg

Nutrients (% of daily need)

Calories: 153.98kcal (7.7%), Fat: 11g (16.92%), Saturated Fat: 4.1g (25.61%), Carbohydrates: 10.12g (3.37%), Net Carbohydrates: 9.46g (3.44%), Sugar: 6.74g (7.49%), Cholesterol: 22.25mg (7.42%), Sodium: 510.25mg (22.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.77%), Calcium: 138.89mg (13.89%), Vitamin B2: 0.23mg

(13.71%), Vitamin A: 541.48IU (10.83%), Phosphorus: 102.45mg (10.24%), Vitamin C: 7.26mg (8.8%), Vitamin B6: 0.17mg (8.51%), Selenium: 5.15µg (7.36%), Vitamin B12: 0.42µg (7.04%), Manganese: 0.13mg (6.44%), Vitamin E: 0.88mg (5.83%), Zinc: 0.86mg (5.7%), Vitamin B1: 0.08mg (5.03%), Vitamin B5: 0.44mg (4.4%), Magnesium: 16.54mg (4.13%), Vitamin K: 4.31µg (4.1%), Potassium: 138.64mg (3.96%), Iron: 0.56mg (3.12%), Folate: 12.28µg (3.07%), Copper: 0.06mg (2.79%), Fiber: 0.66g (2.65%), Vitamin B3: 0.42mg (2.1%)