



Best Melon, Mango, and Avocado Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



6

CALORIES



142 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 servings pepper black freshly ground
- 2 cups cantaloupe balls
- 1 cup cilantro leaves loosely packed
- 1 hass avocados ripe
- 0.3 teaspoon kosher salt
- 6 slices lime thin
- 1 tablespoon juice of lime fresh
- 1 mangos ripe cut into 1/4-inch dice

- 2 teaspoons olive oil extra-virgin
- 0.5 cup orange juice freshly squeezed
- 1 tablespoon orange zest grated
- 1 small onion red very thinly sliced
- 2 tablespoons red wine vinegar
- 2 cups watermelon diced seedless

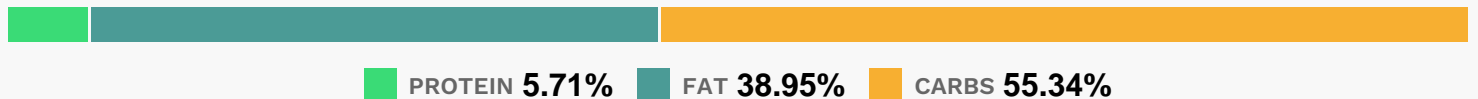
Equipment

- bowl
- whisk

Directions

- To make pickled onions, combine the thinly sliced red onion and the red wine vinegar in a small bowl. Cover; chill for at least one hour.
- Pour the orange juice into a large salad bowl.
- Whisk in the olive oil and orange zest; season with 1/4 teaspoon salt, and a pinch of black pepper. Toss the cantaloupe, watermelon, and mango in the dressing. Just before serving, stir in the pickled onions and cilantro leaves.
- Cut the avocados into 1/2 inch dice; place in a small bowl.
- Sprinkle with the lime juice, and season with the remaining 1/4 teaspoon salt. Stir lightly to combine. Spoon an even amount of avocado into the bottom of 6 large martini or wine glasses. Top avocado with melon salad; garnish each salad with a lime slice.

Nutrition Facts



Properties

Glycemic Index:68.15, Glycemic Load:9.79, Inflammation Score:-9, Nutrition Score:11.536956559057%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 3.12mg, Hesperetin: 3.12mg, Hesperetin: 3.12mg, Hesperetin: 3.12mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg, Quercetin: 5.21mg

Nutrients (% of daily need)

Calories: 141.69kcal (7.08%), Fat: 6.65g (10.24%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 21.27g (7.09%), Net Carbohydrates: 17.21g (6.26%), Sugar: 15.33g (17.04%), Cholesterol: 0mg (0%), Sodium: 120.5mg (5.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.39%), Vitamin A: 2934.02IU (58.68%), Vitamin C: 41.28mg (50.04%), Vitamin K: 19.48µg (18.55%), Fiber: 4.07g (16.27%), Folate: 63.73µg (15.93%), Potassium: 461.18mg (13.18%), Vitamin B6: 0.21mg (10.56%), Copper: 0.2mg (9.99%), Vitamin E: 1.34mg (8.94%), Manganese: 0.17mg (8.32%), Vitamin B5: 0.8mg (7.96%), Magnesium: 31.56mg (7.89%), Vitamin B3: 1.46mg (7.31%), Vitamin B1: 0.11mg (7.25%), Vitamin B2: 0.1mg (5.9%), Phosphorus: 49.26mg (4.93%), Iron: 0.77mg (4.27%), Zinc: 0.62mg (4.13%), Calcium: 28.05mg (2.81%), Selenium: 1.7µg (2.44%)