



Big Top Watermelon Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup arugula packed
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup feta crumbled
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup pinenuts toasted

- ☐ 0.5 medium onion red thinly sliced
- ☐ 0.5 teaspoon salt
- ☐ 7 cups watermelon cubed seeded

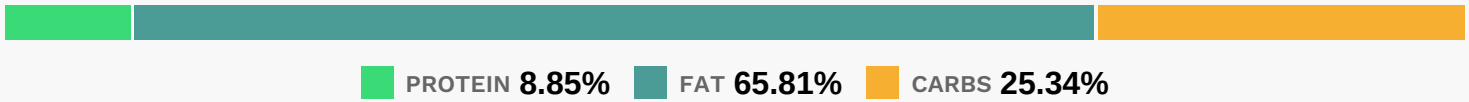
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 7 ingredients in a large bowl.
- ☐ Whisk together olive oil and remaining ingredients in a small bowl; pour over salad, and toss well to combine.

Nutrition Facts



Properties

Glycemic Index:28.08, Glycemic Load:7.49, Inflammation Score:-7, Nutrition Score:10.753913091577%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 5.47mg, Apigenin: 5.47mg, Apigenin: 5.47mg, Apigenin: 5.47mg Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg, Luteolin: 0.83mg Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg, Kaempferol: 1.12mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 193.2kcal (9.66%), Fat: 14.89g (22.91%), Saturated Fat: 3.74g (23.35%), Carbohydrates: 12.9g (4.3%), Net Carbohydrates: 11.79g (4.29%), Sugar: 8.88g (9.87%), Cholesterol: 16.69mg (5.56%), Sodium: 363.18mg (15.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.51g (9.01%), Vitamin K: 50.16µg (47.77%), Manganese: 0.6mg (30.05%), Vitamin A: 1138.57IU (22.77%), Vitamin C: 16.74mg (20.29%), Vitamin B2: 0.21mg (12.29%), Phosphorus: 115.78mg (11.58%), Calcium: 114.03mg (11.4%), Vitamin E: 1.63mg (10.86%), Magnesium: 35.07mg (8.77%), Vitamin B6: 0.16mg (8%), Copper: 0.15mg (7.52%), Zinc: 1.1mg (7.33%), Potassium: 236.29mg (6.75%), Vitamin B1: 0.1mg (6.75%),

Iron: 1.07mg (5.92%), Vitamin B12: 0.32µg (5.28%), Vitamin B5: 0.53mg (5.28%), Folate: 20.6µg (5.15%), Selenium: 3.43µg (4.91%), Fiber: 1.1g (4.46%), Vitamin B3: 0.74mg (3.71%)