



Cantaloupe and Grilled Fig Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



534 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 ounces baby arugula
- ☐ 3 ounces baby spinach
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon canola oil
- ☐ 12 wedges cantaloupe peeled seeded thin
- ☐ 0.5 cup celery thinly sliced
- ☐ 9 mission figs black trimmed halved lengthwise
- ☐ 0.3 teaspoon garlic minced

- ☐ 3 tablespoons honey
- ☐ 0.1 teaspoon kosher salt
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1.5 tablespoons soya sauce low-sodium divided
- ☐ 0.5 cup thinly onion red vertically sliced
- ☐ 3 tablespoons walnuts toasted chopped

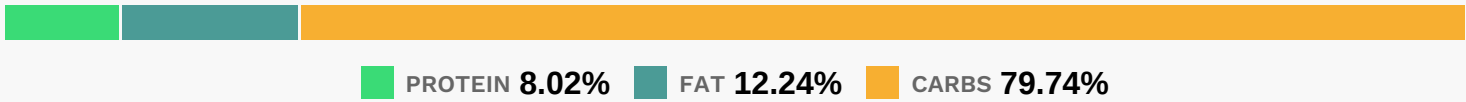
Equipment

- ☐ whisk
- ☐ grill

Directions

- ☐ Prepare grill to medium-high heat.
- ☐ Brush 1 1/2 teaspoons soy sauce over cut sides of figs.
- ☐ Place figs, cut side down, on a grill rack; grill 1 minute on each side or until lightly browned.
- ☐ Remove from grill.
- ☐ Combine remaining 1 tablespoon soy sauce, juice, honey, oil, garlic, and salt; stir with a whisk.
- ☐ Combine arugula, spinach, celery, onion, and pepper. Arrange 2 cantaloupe wedges on each of 6 plates. Top each serving with about 1 cup arugula mixture, 3 fig halves, and 1 1/2 teaspoons nuts; drizzle with about 1 1/2 tablespoons dressing.

Nutrition Facts



Properties

Glycemic Index:64.3, Glycemic Load:67.38, Inflammation Score:-10, Nutrition Score:39.74869562232%

Flavonoids

Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg, Cyanidin: 0.51mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg, Epicatechin: 0.38mg Eriodictyol: 0.16mg,

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 7.26mg, Luteolin: 7.26mg, Luteolin: 7.26mg, Luteolin: 7.26mg Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg, Isorhamnetin: 1.28mg Kaempferol: 6.73mg, Kaempferol: 6.73mg, Kaempferol: 6.73mg, Kaempferol: 6.73mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg, Quercetin: 8.68mg

Nutrients (% of daily need)

Calories: 533.97kcal (26.7%), Fat: 8g (12.31%), Saturated Fat: 1.12g (7%), Carbohydrates: 117.3g (39.1%), Net Carbohydrates: 104.96g (38.17%), Sugar: 109.15g (121.28%), Cholesterol: 0mg (0%), Sodium: 547.4mg (23.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.79g (23.59%), Vitamin A: 39152.59IU (783.05%), Vitamin C: 131.6mg (159.51%), Vitamin K: 121.75µg (115.95%), Potassium: 2132.01mg (60.91%), Copper: 1.12mg (55.85%), Folate: 213.51µg (53.38%), Fiber: 12.34g (49.38%), Manganese: 0.96mg (47.87%), Magnesium: 188.03mg (47.01%), Vitamin B1: 0.63mg (42.13%), Vitamin B3: 8.28mg (41.38%), Zinc: 5.36mg (35.75%), Vitamin B6: 0.63mg (31.35%), Iron: 5.37mg (29.83%), Selenium: 19.58µg (27.97%), Phosphorus: 244.12mg (24.41%), Vitamin B2: 0.41mg (23.85%), Calcium: 177.16mg (17.72%), Vitamin B5: 1.55mg (15.52%), Vitamin E: 1.49mg (9.91%)