



Cucumber, Asian Pear, and Watermelon Salad with Ricotta Salata

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



97 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups cucumber seedless cubed peeled (1-inch)
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 tablespoon honey
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1.5 teaspoons lime zest grated
- ☐ 0.5 cup cream sour reduced-fat
- ☐ 0.8 cup pears cubed peeled (1 pear)

- ☐ 2 cups grapes red halved
- ☐ 3 ounces pecorino crumbled
- ☐ 2 cups seeded/seedless watermelon seedless cubed (1-inch)

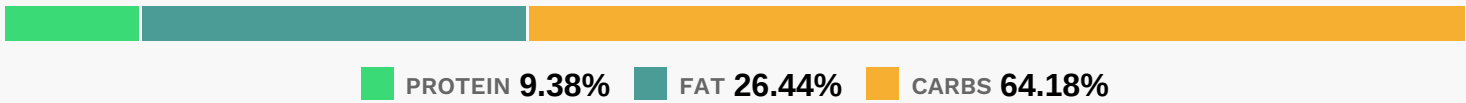
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine first 4 ingredients in a large bowl.
- ☐ Combine sour cream, honey, rind, juice, and pepper in a small bowl, stirring with a whisk.
- ☐ Pour sour cream mixture over fruit mixture; toss well to coat.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:37.59, Glycemic Load:6.91, Inflammation Score:-3, Nutrition Score:3.8243478834629%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg, Hesperetin: 0.5mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 97.13kcal (4.86%), Fat: 3.08g (4.74%), Saturated Fat: 1.87g (11.7%), Carbohydrates: 16.82g (5.61%), Net Carbohydrates: 15.69g (5.71%), Sugar: 12.4g (13.78%), Cholesterol: 10.45mg (3.48%), Sodium: 22.86mg (0.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.46g (4.91%), Vitamin K: 10.72µg (10.21%), Vitamin C: 7.06mg (8.56%), Vitamin A: 381.73IU (7.63%), Potassium: 218.79mg (6.25%), Calcium: 55.08mg (5.51%), Vitamin B2: 0.09mg (5.11%), Phosphorus: 47.57mg (4.76%), Copper: 0.09mg (4.69%), Fiber: 1.13g (4.52%), Vitamin B6: 0.07mg (3.74%), Vitamin B1: 0.06mg (3.71%), Manganese: 0.07mg (3.65%), Magnesium: 13.91mg (3.48%), Selenium: 2.3µg (3.28%), Zinc: 0.34mg (2.24%), Iron: 0.4mg (2.2%), Vitamin B5: 0.21mg (2.07%), Folate: 8.12µg (2.03%), Vitamin B12: 0.1µg (1.61%), Vitamin E: 0.19mg (1.27%), Vitamin B3: 0.22mg (1.11%)