



Cucumber Honeydew Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



200 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cucumbers peeled sliced
- 1 bunch mint leaves fresh minced
- 6 servings salt and ground pepper black to taste
- 1 wedges honeydew melon cubed peeled seeded
- 0.5 juice of lemon juiced to taste
- 0.3 cup olive oil extra-virgin
- 0.5 onion red minced

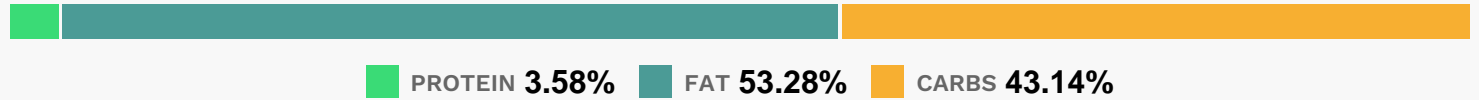
Equipment

bowl

Directions

- Mix together honeydew melon, cucumbers, red onion and mint in a large bowl.
- Add olive oil and toss to coat. Stir in lemon juice, salt, and pepper to taste. Cover and refrigerate until chilled, about 40 minutes.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:0.42, Inflammation Score:-5, Nutrition Score:8.9865217416183%

Flavonoids

Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.33mg,
Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin:
0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg
Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg,
Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin:
0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.87mg,
Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 199.81kcal (9.99%), Fat: 12.48g (19.21%), Saturated Fat: 1.76g (10.99%), Carbohydrates: 22.74g (7.58%), Net
Carbohydrates: 20.1g (7.31%), Sugar: 19.16g (21.28%), Cholesterol: 0mg (0%), Sodium: 41.26mg (1.79%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Protein: 1.89g (3.77%), Vitamin C: 43.46mg (52.68%), Vitamin K: 20.81µg (19.82%),
Potassium: 643.6mg (18.39%), Folate: 57.55µg (14.39%), Vitamin B6: 0.25mg (12.6%), Vitamin E: 1.81mg (12.05%),
Fiber: 2.65g (10.59%), Magnesium: 35.1mg (8.78%), Manganese: 0.16mg (8.17%), Vitamin B1: 0.12mg (7.84%), Copper:
0.13mg (6.48%), Vitamin B5: 0.59mg (5.89%), Phosphorus: 47.97mg (4.8%), Vitamin B3: 0.95mg (4.77%), Vitamin A:
207.87IU (4.16%), Iron: 0.71mg (3.97%), Vitamin B2: 0.06mg (3.26%), Calcium: 31.24mg (3.12%), Zinc: 0.39mg
(2.58%), Selenium: 1.65µg (2.35%)