



Feta-Stuffed Watermelon Blocks

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



111 kcal

SIDE DISH

Ingredients

- 3 ounces feta cheese crumbled
- 2 large basil fresh very thinly sliced
- 3.3 pounds watermelon cut into 1 1/2-inch blocks

Equipment

- melon baller

Directions

Using a small melon baller, scoop out the top of each watermelon block. Divide feta among melon hollows. Top each block with basil.

Self

Nutrition Facts

PROTEIN 11.6% **FAT 25.37%** **CARBS 63.03%**

Properties

Glycemic Index:28.61, Glycemic Load:13.27, Inflammation Score:-8, Nutrition Score:6.7865216680195%

Flavonoids

Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg

Nutrients (% of daily need)

Calories: 111.3kcal (5.57%), Fat: 3.42g (5.26%), Saturated Fat: 1.92g (12.03%), Carbohydrates: 19.1g (6.37%), Net Carbohydrates: 18.12g (6.59%), Sugar: 15.23g (16.93%), Cholesterol: 12.62mg (4.21%), Sodium: 164.05mg (7.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.52g (7.03%), Vitamin A: 1464.86IU (29.3%), Vitamin C: 19.93mg (24.15%), Vitamin B2: 0.17mg (10.08%), Calcium: 87.32mg (8.73%), Vitamin B6: 0.17mg (8.54%), Potassium: 284.36mg (8.12%), Phosphorus: 74.87mg (7.49%), Vitamin B1: 0.1mg (6.86%), Magnesium: 27.35mg (6.84%), Vitamin B5: 0.68mg (6.8%), Copper: 0.11mg (5.41%), Manganese: 0.1mg (4.94%), Selenium: 3.11µg (4.44%), Zinc: 0.65mg (4.37%), Vitamin B12: 0.24µg (3.99%), Fiber: 0.98g (3.94%), Iron: 0.69mg (3.81%), Folate: 12µg (3%), Vitamin B3: 0.58mg (2.9%)