



Green Melon Salad

 **Gluten Free**  **Dairy Free**

READY IN

ready

20 min.

SERVINGS

servings

4

CALORIES

calories

435 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

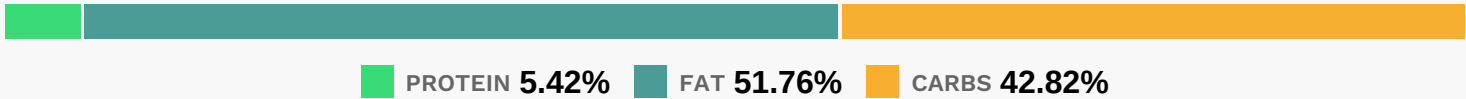
- ☐ 4 servings agave syrup for drizzling
- ☐ 4 cups arugula leaves loosely packed chopped
- ☐ 4 servings pepper black freshly ground
- ☐ 1 small wedges honeydew melon ripe
- ☐ 2 juice of lime juiced
- ☐ 0.5 cup mint leaves chopped
- ☐ 4 servings olive oil extra-virgin for liberal drizzling
- ☐ 0.3 pound optional ingredient: speck thinly sliced

Equipment

Directions

- ☐ Arrange the greens on a platter.
- ☐ Cut the ends off the melon and stand upright. Trim away rind, in strips, from top to bottom as you rotate the melon. Halve and seed the melon and slice it into 1-inch wedges, then cut into bite-size pieces and arrange them over the bed of spicy greens.
- ☐ Sprinkle with mint and lime juice and season with lots of pepper, to taste.
- ☐ Drizzle very lightly with a hint of honey or agave syrup and dress with a liberal drizzle of extra-virgin olive oil.
- ☐ If you would like to add speck or prosciutto, tear it into large pieces and pile it in the center of the salad in a casual mound.
- ☐ Serve as a first or last course.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:2.54, Inflammation Score:-8, Nutrition Score:16.020869752635%

Flavonoids

Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg
Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg
Eriodictyol: 2.07mg, Eriodictyol: 2.07mg, Eriodictyol: 2.07mg
Hesperetin: 1.92mg, Hesperetin: 1.92mg, Hesperetin: 1.92mg
Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg
Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg, Apigenin: 0.32mg
Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg
Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg, Isorhamnetin: 0.86mg
Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg, Kaempferol: 6.98mg
Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 435.22kcal (21.76%), Fat: 25.99g (39.99%), Saturated Fat: 5.86g (36.6%), Carbohydrates: 48.39g (16.13%),
Net Carbohydrates: 44.93g (16.34%), Sugar: 40.93g (45.48%), Cholesterol: 18.71mg (6.24%), Sodium: 253.86mg
(11.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.25%), Vitamin C: 70.46mg (85.4%), Vitamin K:

44.49µg (42.37%), Potassium: 911.4mg (26.04%), Folate: 94.43µg (23.61%), Vitamin B6: 0.43mg (21.7%), Vitamin A: 892.09IU (17.84%), Vitamin E: 2.53mg (16.85%), Vitamin B1: 0.24mg (16.18%), Vitamin B3: 2.8mg (14.01%), Fiber: 3.46g (13.83%), Magnesium: 50.88mg (12.72%), Selenium: 8.38µg (11.96%), Manganese: 0.24mg (11.82%), Phosphorus: 93mg (9.3%), Vitamin B5: 0.78mg (7.8%), Vitamin B2: 0.13mg (7.68%), Iron: 1.36mg (7.55%), Calcium: 69.18mg (6.92%), Copper: 0.13mg (6.48%), Zinc: 0.79mg (5.3%), Vitamin B12: 0.14µg (2.36%)