



WHATSheATE



Green Tomato and Honeydew Melon Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



190 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup cilantro leaves packed
- ☐ 1.5 pounds tomatoes mixed green cut into 3/4-inch wedges (not unripe)
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 wedges honeydew melon cut into 3/4-inch pieces
- ☐ 2 teaspoon jalapeno fresh seeded finely chopped
- ☐ 2 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 2 tablespoons pumpkin seeds raw green hulled () (pepitas)
- ☐ 1 tablespoon vinegar white

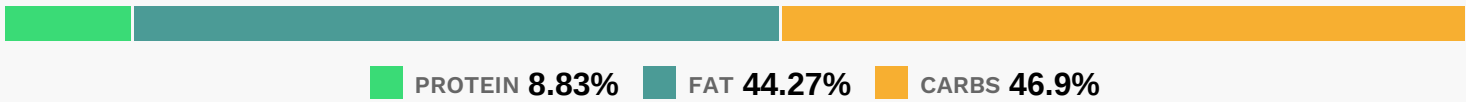
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Toast cumin in a dry small heavy skillet over medium heat, stirring constantly, until fragrant and a shade darker, about 1 minute.
- ☐ Transfer to a large bowl.
- ☐ Add pumpkin seeds to skillet and heat, stirring constantly, until slightly puffed (be careful not to brown them), 2 to 3 minutes.
- ☐ Transfer seeds to a small bowl and stir in 1/4 teaspoon oil and salt to taste.
- ☐ Whisk together cumin, vinegar, chile, 1/4 teaspoon salt, 1/8 teaspoon pepper, and remaining 2 tablespoons oil in large bowl, then gently toss with tomatoes, melon, and cilantro.
- ☐ Sprinkle with pumpkin seeds.
- ☐ Per serving: 302 calories, 23g fat (3g saturated), 0mg cholesterol, 199mg sodium, 24g carbohydrates, 3g fiber, 4g protein
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:0.07, Inflammation Score:-8, Nutrition Score:15.025651973227%

Flavonoids

Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Apigenin: 0.01mg, Apigenin:
0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin:
0.04mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 190.1kcal (9.51%), Fat: 10.14g (15.6%), Saturated Fat: 1.52g (9.48%), Carbohydrates: 24.18g (8.06%), Net Carbohydrates: 20.57g (7.48%), Sugar: 19.99g (22.21%), Cholesterol: 0mg (0%), Sodium: 52.86mg (2.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Vitamin C: 71.97mg (87.24%), Vitamin K: 29.99µg (28.56%), Vitamin A: 1273.6IU (25.47%), Manganese: 0.47mg (23.3%), Potassium: 772.75mg (22.08%), Magnesium: 65.11mg (16.28%), Vitamin B6: 0.3mg (14.99%), Fiber: 3.6g (14.41%), Copper: 0.27mg (13.33%), Phosphorus: 130.66mg (13.07%), Vitamin E: 1.93mg (12.84%), Folate: 49.95µg (12.49%), Vitamin B1: 0.18mg (12.09%), Vitamin B5: 1.15mg (11.5%), Iron: 1.98mg (10.98%), Vitamin B3: 1.83mg (9.17%), Vitamin B2: 0.1mg (5.88%), Zinc: 0.69mg (4.58%), Calcium: 39.95mg (3.99%), Selenium: 2.34µg (3.34%)