



HEALTH SCORE

100%

Grilled Halloumi with Watermelon and Basil-Mint Oil



Gluten Free



Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



2271 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 pound cherry tomatoes
- ☐ 0.5 cup basil fresh coarsely chopped
- ☐ 1 garlic clove coarsely chopped
- ☐ 8 ounce halloumi cheese
- ☐ 4 servings pepper black freshly ground
- ☐ 3 tablespoons mint leaves fresh thinly sliced coarsely chopped for garnish
- ☐ 0.5 cup olive oil extra virgin extra-virgin plus more for brushing

☐

6 small watermelon thinly sliced

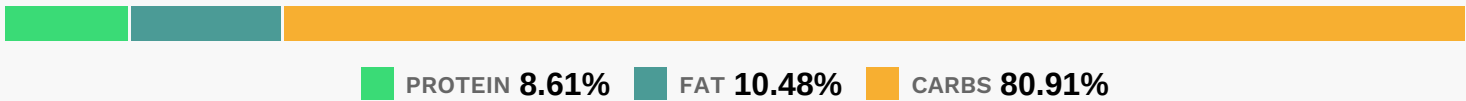
Equipment

- ☐ bowl
- ☐ blender
- ☐ grill

Directions

- ☐ Build a medium-hot fire in a charcoal grill,or heat a gas grill to high. Purée basil,3 tablespoons mint, and garlic in a blender. Withmachine running, add 1/2 cup oil. Set astrainer over a small bowl; strain, pressingon solids. Season with salt and pepper.
- ☐ Brush grill rack with oil.
- ☐ Drizzle 2 tablespoonsbasil-mint oil over tomatoes and cheese;season with salt and pepper. Grill tomatoes,turning occasionally, until charred andbursting, about 4 minutes. Grill cheeseuntil nicely charred in spots and beginningto melt, about 45 seconds per side.
- ☐ Arrange melon on a platter. Top withcheese and tomatoes.
- ☐ Drizzle remainingherb oil over; garnish with sliced mint.
- ☐ Per serving: 456 calories, 37 g fat, 21 g carbohydrates
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:51.67, Glycemic Load:360.46, Inflammation Score:-10, Nutrition Score:70.25434751096%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 31.57mg, Luteolin: 31.57mg, Luteolin: 31.57mg, Luteolin: 31.57mg Kaempferol: 30.39mg, Kaempferol: 30.39mg, Kaempferol: 30.39mg, Kaempferol: 30.39mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 2271.33kcal (113.57%), Fat: 29.63g (45.58%), Saturated Fat: 11.49g (71.81%), Carbohydrates: 514.44g (171.48%), Net Carbohydrates: 486.4g (176.87%), Sugar: 420.92g (467.69%), Cholesterol: 0mg (0%), Sodium: 758.78mg (32.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.75g (109.5%), Vitamin A: 39141.55IU (782.83%), Vitamin C: 568.11mg (688.62%), Potassium: 7779.98mg (222.29%), Magnesium: 687.93mg (171.98%), Vitamin B6: 3.12mg (156.19%), Vitamin B1: 2.26mg (150.92%), Vitamin B5: 15.05mg (150.52%), Copper: 2.93mg (146.31%), Manganese: 2.76mg (137.91%), Fiber: 28.04g (112.16%), Calcium: 1065.12mg (106.51%), Iron: 17.12mg (95.09%), Vitamin B2: 1.45mg (85.26%), Phosphorus: 772.04mg (77.2%), Vitamin B3: 12.56mg (62.82%), Folate: 219.91µg (54.98%), Zinc: 6.94mg (46.3%), Selenium: 27.55µg (39.35%), Vitamin E: 4.65mg (31.03%), Vitamin K: 25.01µg (23.82%)