



Grilled Watermelon, Mint, and Feta Salad



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 2 ounces feta cheese crumbled
- ☐ 0.5 cup mint leaves
- ☐ 1 tablespoon olive oil
- ☐ 0.3 teaspoon sea salt
- ☐ 6 pounds watermelon with a sharp knife) 1-inch-thick cut into rounds (lay melon on its side, and cut through rind and flesh

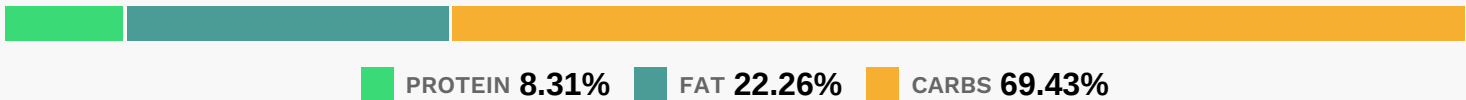
Equipment

- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Heat a grill or grill pan over high heat until very hot. Two at a time, grill watermelon rounds, turning once, until charred (about 2–3 minutes per side).
- ☐ Transfer watermelon to a cutting board and remove rind; cut rounds into wedges.
- ☐ Arrange watermelon on a serving platter; sprinkle with mint and feta.
- ☐ Drizzle with olive oil and vinegar, then sprinkle with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:30.61, Glycemic Load:24.55, Inflammation Score:-9, Nutrition Score:11.28478258589%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 2.56mg, Luteolin: 2.56mg, Luteolin: 2.56mg, Luteolin: 2.56mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg

Nutrients (% of daily need)

Calories: 186.93kcal (9.35%), Fat: 5.08g (7.82%), Saturated Fat: 1.66g (10.39%), Carbohydrates: 35.68g (11.89%), Net Carbohydrates: 33.54g (12.2%), Sugar: 28.52g (31.69%), Cholesterol: 8.41mg (2.8%), Sodium: 211mg (9.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.54%), Vitamin A: 2780.57IU (55.61%), Vitamin C: 37.93mg (45.98%), Potassium: 539.36mg (15.41%), Magnesium: 50.62mg (12.65%), Vitamin B6: 0.25mg (12.46%), Manganese: 0.23mg (11.67%), Vitamin B1: 0.17mg (11.16%), Vitamin B5: 1.11mg (11.08%), Vitamin B2: 0.19mg (10.89%), Copper: 0.21mg (10.39%), Calcium: 88.62mg (8.86%), Fiber: 2.14g (8.54%), Phosphorus: 85.12mg (8.51%), Iron: 1.38mg (7.68%), Folate: 20.92µg (5.23%), Zinc: 0.77mg (5.14%), Vitamin B3: 0.97mg (4.83%), Selenium: 3.24µg (4.62%), Vitamin E: 0.58mg (3.87%), Vitamin B12: 0.16µg (2.66%), Vitamin K: 2.16µg (2.06%)