



Grilled Watermelon Salad



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



290 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups baby arugula fresh washed and dried
- ☐ 0.3 cup balsamic vinegar
- ☐ 1 cup goat cheese french crumbled
- ☐ 4 servings kosher salt specialty salt is great here, if on hand
- ☐ 4 servings olive oil extra-virgin
- ☐ 4 servings cracked pepper fresh black finely

Equipment

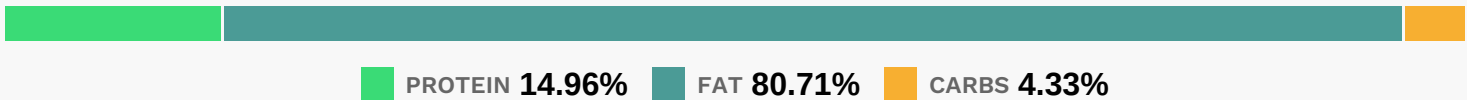
- ☐ sauce pan

- ☐ grill
- ☐ grill pan
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Stand the watermelon half cut side down on a cutting board and slice away the rind, leaving a solid block of melon. Turn the block on its side and cut it into 8 squares, roughly 3 by 3 inches and 1-inch thick.
- ☐ Pour the vinegar into a small saucepan and bring to a simmer over medium-high heat. Cook until reduced to a thick syrup consistency. Set aside.
- ☐ Heat a nonstick grill pan over medium-high heat.
- ☐ Drizzle just enough olive oil over watermelon slices to thinly coat and place on hot grill pan. Grill each side about 2 minutes until grill marks appear; transfer to a plate and season with salt.
- ☐ To assemble the salads, put about 1/4 cup of baby arugula on a serving plate, followed by a grilled slice of watermelon in the center, and top with a tablespoon of crumbled cheese and another 1/4 cup arugula.
- ☐ Add another watermelon slice and another tablespoon of cheese. Repeat with remaining ingredients. Finish each salad with a very light drizzle of olive oil and balsamic syrup. Dust with black pepper and serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:1.43, Inflammation Score:-5, Nutrition Score:7.0821739383366%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 290.36kcal (14.52%), Fat: 26.03g (40.05%), Saturated Fat: 10.21g (63.83%), Carbohydrates: 3.14g (1.05%), Net Carbohydrates: 2.96g (1.08%), Sugar: 3.09g (3.44%), Cholesterol: 26.1mg (8.7%), Sodium: 409.3mg (17.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.86g (21.71%), Copper: 0.43mg (21.43%), Vitamin K: 20.51µg (19.54%), Vitamin A: 824.07IU (16.48%), Phosphorus: 153.67mg (15.37%), Vitamin E: 2.16mg (14.41%), Vitamin B2: 0.22mg (13.2%), Calcium: 100.46mg (10.05%), Iron: 1.43mg (7.94%), Vitamin B6: 0.15mg (7.47%), Manganese: 0.12mg (6.15%), Vitamin B5: 0.43mg (4.31%), Folate: 16.53µg (4.13%), Magnesium: 15.87mg (3.97%), Zinc: 0.58mg (3.89%), Vitamin B1: 0.04mg (2.95%), Selenium: 1.62µg (2.32%), Potassium: 71.01mg (2.03%), Vitamin C: 1.5mg (1.82%), Vitamin B12: 0.11µg (1.8%), Vitamin D: 0.23µg (1.51%), Vitamin B3: 0.28mg (1.38%)