



Grilled Watermelon Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



320 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large basil fresh
- ☐ 0.8 pound watercress (tough stems removed; 12 cups)
- ☐ 1 tablespoon honey
- ☐ 6 servings pepper black freshly ground
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin plus more for brushing
- ☐ 1 ounce pumpkin seeds shelled toasted (pepitas)
- ☐ 4 ounces queso fresco crumbled

☐ 36 slices radishes cut into eighths

Equipment

☐ bowl

☐ whisk

☐ grill

Directions

- ☐ Heat basil and 1/3 cup oil in a small skillet over medium heat until basil begins to bubble. Simmer for 3 minutes.
- ☐ Remove pan from heat.
- ☐ Let cool for 1 hour. Discard basil; set aside basil oil.
- ☐ Build a medium fire in a charcoal grill, or heat a gas grill to medium.
- ☐ Brush grill rack with oil. Grill watermelon until lightly charred, about 2 minutes per side. Set aside.
- ☐ Whisk remaining 1/2 cup oil, lime juice, and honey in a large bowl to blend. Season to taste with salt and pepper.
- ☐ Add pea sprouts and toss to coat.
- ☐ Place 3 pieces of grilled watermelon on each plate. Top with pea sprouts and drizzle basil oil over.
- ☐ Garnish with Pickled Radishes, queso fresco, and pumpkin seeds.

Nutrition Facts



Properties

Glycemic Index: 38.05, Glycemic Load: 5.69, Inflammation Score: -10, Nutrition Score: 30.875652499821%

Flavonoids

Pelargonidin: 439.38mg, Pelargonidin: 439.38mg, Pelargonidin: 439.38mg, Pelargonidin: 439.38mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 19.04mg, Kaempferol: 19.04mg, Kaempferol: 19.04mg, Kaempferol: 19.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 17.06mg, Quercetin: 17.06mg, Quercetin: 17.06mg, Quercetin: 17.06mg

Nutrients (% of daily need)

Calories: 320.03kcal (16%), Fat: 19.58g (30.12%), Saturated Fat: 4.74g (29.65%), Carbohydrates: 29.26g (9.75%), Net Carbohydrates: 17.49g (6.36%), Sugar: 16.61g (18.45%), Cholesterol: 13.04mg (4.35%), Sodium: 437.56mg (19.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.95g (21.9%), Vitamin C: 130.53mg (158.22%), Vitamin K: 159.05µg (151.48%), Potassium: 1886.66mg (53.9%), Fiber: 11.78g (47.11%), Folate: 184.31µg (46.08%), Manganese: 0.85mg (42.7%), Vitamin A: 2020.18IU (40.4%), Calcium: 353.49mg (35.35%), Phosphorus: 305.99mg (30.6%), Vitamin B6: 0.59mg (29.67%), Magnesium: 115.1mg (28.78%), Copper: 0.47mg (23.35%), Vitamin B2: 0.38mg (22.5%), Zinc: 2.89mg (19.24%), Iron: 3.04mg (16.87%), Vitamin E: 2.49mg (16.61%), Vitamin B5: 1.44mg (14.44%), Selenium: 8.82µg (12.6%), Vitamin B3: 2.14mg (10.71%), Vitamin B1: 0.16mg (10.54%), Vitamin B12: 0.32µg (5.29%), Vitamin D: 0.51µg (3.4%)