



Halloumi, watermelon & mint salad

READY IN



15 min.

SERVINGS



4

CALORIES



475 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 250 g halloumi cheese thinly sliced
- ☐ 1 kg watermelon chunk sliced
- ☐ 200 g green beans fine
- ☐ 1 small bunch mint leaves shredded finely
- ☐ 1 juice of lemon
- ☐ 1 tbsp olive oil
- ☐ 4 servings wholewheat pita breads toasted

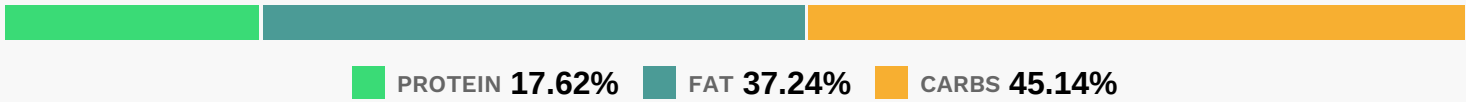
Equipment

- ☐ baking pan
- ☐ grill

Directions

- ☐ Heat grill to high.
- ☐ Lay the cheese on a baking tray in a single layer, then grill for 2 mins on each side until golden. Toss the watermelon, beans and mint together with the lemon juice and olive oil, season well, then layer on plates with the slices of halloumi.
- ☐ Drizzle with a little more oil if you like, and then serve with warm pittas.

Nutrition Facts



Properties

Glycemic Index:54.42, Glycemic Load:43.39, Inflammation Score:-8, Nutrition Score:15.028260754502%

Flavonoids

Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg, Quercetin: 1.39mg

Nutrients (% of daily need)

Calories: 474.67kcal (23.73%), Fat: 20.06g (30.86%), Saturated Fat: 11.27g (70.45%), Carbohydrates: 54.72g (18.24%), Net Carbohydrates: 50.97g (18.54%), Sugar: 17.63g (19.59%), Cholesterol: 0mg (0%), Sodium: 1056.11mg (45.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.35g (42.7%), Calcium: 712.08mg (71.21%), Vitamin A: 1810.43IU (36.21%), Vitamin C: 29.57mg (35.84%), Manganese: 0.49mg (24.25%), Vitamin K: 23.86µg (22.72%), Vitamin B1: 0.28mg (18.38%), Fiber: 3.75g (14.99%), Magnesium: 53.31mg (13.33%), Potassium: 466.15mg (13.32%), Copper: 0.24mg (11.9%), Iron: 1.98mg (10.97%), Vitamin B6: 0.21mg (10.34%), Phosphorus: 102.15mg (10.21%), Vitamin B3: 2.04mg (10.18%), Folate: 40.08µg (10.02%), Vitamin B2: 0.16mg (9.56%), Vitamin B5: 0.9mg (9.01%), Zinc: 0.86mg (5.7%), Vitamin E: 0.85mg (5.64%), Selenium: 1.31µg (1.87%)