



Honey-Melon Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



119 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons basil leaves fresh chopped (see note above)
- ☐ 2 tablespoons honey
- ☐ 3.5 lb wedges honeydew melon
- ☐ 2 tablespoons slivered mint leaves fresh chopped
- ☐ 0.5 teaspoon orange extract
- ☐ 3 tablespoons rice vinegar
- ☐ 0.1 teaspoon salt

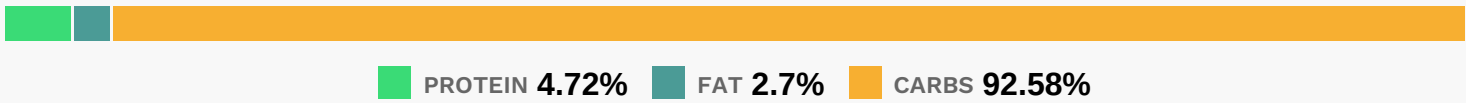
Equipment

bowl

Directions

- Peel and seed melon; cut into 1-inch chunks.
- In a bowl, mix lemon verbena, mint, vinegar, honey, orange extract, and salt.
- Add melon and mix to coat.
- Serve immediately or cover and chill up to 4 hours.

Nutrition Facts



Properties

Glycemic Index:28.71, Glycemic Load:3.01, Inflammation Score:-5, Nutrition Score:7.5704348294631%

Flavonoids

Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg

Nutrients (% of daily need)

Calories: 119.29kcal (5.96%), Fat: 0.39g (0.6%), Saturated Fat: 0.1g (0.66%), Carbohydrates: 30.09g (10.03%), Net Carbohydrates: 27.81g (10.11%), Sugar: 27.24g (30.26%), Cholesterol: 0mg (0%), Sodium: 97.06mg (4.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.07%), Vitamin C: 48.31mg (58.56%), Potassium: 618.54mg (17.67%), Folate: 52.77µg (13.19%), Vitamin B6: 0.24mg (11.89%), Vitamin K: 10.44µg (9.94%), Fiber: 2.27g (9.1%), Magnesium: 28.44mg (7.11%), Vitamin B1: 0.1mg (6.81%), Vitamin B3: 1.15mg (5.74%), Manganese: 0.11mg (5.44%), Vitamin A: 238.26IU (4.77%), Vitamin B5: 0.42mg (4.22%), Copper: 0.07mg (3.73%), Iron: 0.59mg (3.27%), Phosphorus: 31.3mg (3.13%), Selenium: 1.95µg (2.79%), Vitamin B2: 0.04mg (2.31%), Calcium: 22.04mg (2.2%), Zinc: 0.28mg (1.86%)