



Honeydew and Cucumber Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



75 min.

SERVINGS



12

CALORIES



81 kcal

SIDE DISH

Ingredients

- ☐ 3 large cucumbers peeled seeded cut into 1-inch pieces
- ☐ 1 wedges honeydew melon peeled seeded cut into 1 1/2 inch chunks
- ☐ 0.5 cup juice of lemon
- ☐ 0.5 cup vegetable oil
- ☐ 0.3 cup sugar white

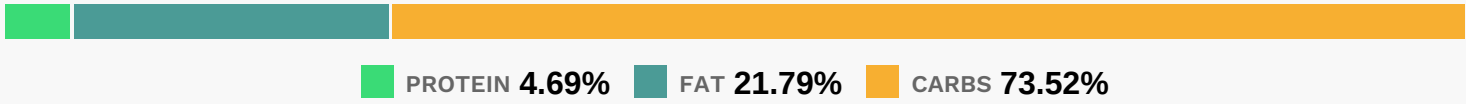
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Place the cucumber and honeydew melon chunks into a large bowl.
- ☐ Whisk together the vegetable oil, lemon juice, and sugar in a small bowl until well blended.
- ☐ Pour dressing over the cucumber and melon; mix well. Allow to rest for 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:7.09, Glycemic Load:3.06, Inflammation Score:-3, Nutrition Score:4.7530435323715%

Flavonoids

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg
Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg
Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg
Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg
Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 81.14kcal (4.06%), Fat: 2.12g (3.25%), Saturated Fat: 0.33g (2.07%), Carbohydrates: 16.06g (5.35%), Net Carbohydrates: 14.69g (5.34%), Sugar: 14.04g (15.6%), Cholesterol: 0mg (0%), Sodium: 20.74mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.05%), Vitamin C: 25.37mg (30.76%), Vitamin K: 11.47µg (10.93%), Potassium: 348.95mg (9.97%), Folate: 32.1µg (8.02%), Vitamin B6: 0.13mg (6.71%), Fiber: 1.37g (5.5%), Magnesium: 19.68mg (4.92%), Vitamin B1: 0.06mg (4.31%), Manganese: 0.08mg (4.06%), Copper: 0.08mg (3.86%), Vitamin B5: 0.35mg (3.47%), Phosphorus: 27.25mg (2.72%), Vitamin B3: 0.48mg (2.41%), Vitamin A: 104.34IU (2.09%), Iron: 0.35mg (1.92%), Vitamin B2: 0.03mg (1.92%), Calcium: 16.85mg (1.69%), Zinc: 0.22mg (1.47%), Vitamin E: 0.21mg (1.37%), Selenium: 0.85µg (1.22%)