



Honeydew-Grape Tomato Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



270 min.

SERVINGS



40

CALORIES



55 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 tablespoon basil dried



3 pints grape tomatoes



4 bell peppers green seeded cut into strips



0.8 teaspoon ground pepper black



3 honeydew melons cubed peeled seeded



0.5 cup juice of lemon



1 cup vegetable oil



1 tablespoon sugar white

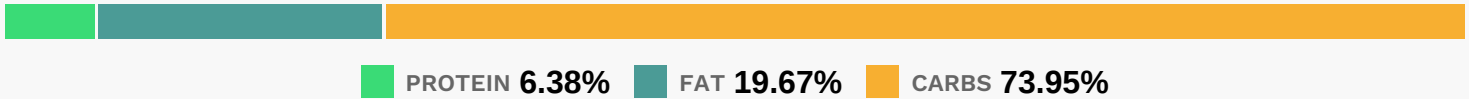
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine the honeydew melon, grape tomatoes, and green bell peppers in a large bowl.
- ☐ Whisk together the vegetable oil, lemon juice, sugar, basil, and pepper in another bowl, and pour over the honeydew mixture. Cover and refrigerate for at least 4 hours, up to 48 hours, before serving, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0.61, Inflammation Score:-5, Nutrition Score:5.1491304273191%

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: 0.15mg,
Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin:
0.44mg, Hesperetin: 0.44mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg
Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.04mg, Kaempferol: 0.04mg,
Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin:
0.05mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 55.12kcal (2.76%), Fat: 1.33g (2.04%), Saturated Fat: 0.22g (1.4%), Carbohydrates: 11.24g (3.75%), Net
Carbohydrates: 9.79g (3.56%), Sugar: 9.39g (10.44%), Cholesterol: 0mg (0%), Sodium: 19.53mg (0.85%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 0.97g (1.94%), Vitamin C: 32.89mg (39.87%), Vitamin K: 10.25µg (9.76%),
Potassium: 330.09mg (9.43%), Vitamin A: 388.78IU (7.78%), Vitamin B6: 0.14mg (7.12%), Folate: 25.68µg (6.42%),
Fiber: 1.45g (5.81%), Manganese: 0.1mg (4.79%), Magnesium: 15.65mg (3.91%), Vitamin B1: 0.06mg (3.82%), Vitamin
B3: 0.68mg (3.39%), Copper: 0.05mg (2.75%), Vitamin E: 0.36mg (2.4%), Phosphorus: 22.03mg (2.2%), Iron: 0.4mg
(2.2%), Vitamin B5: 0.2mg (1.98%), Vitamin B2: 0.02mg (1.38%), Calcium: 13.09mg (1.31%), Zinc: 0.17mg (1.14%)