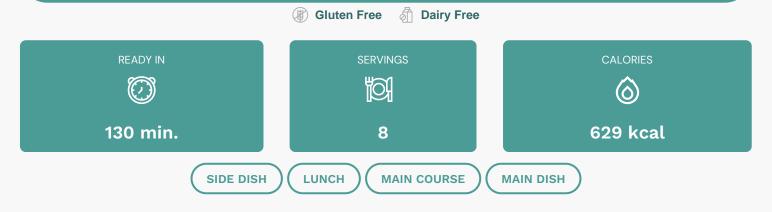


Malaysian Watermelon Salad



Ingredients

| 1 pound bacon thick cut |
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| 1 bunch cilantro leaves separated |
| 0.5 cup ginger root fresh peeled chopped |
| 6 inch ginger root fresh crushed peeled |
| 2 cloves garlic peeled |
| 1 bunch green onions chopped |
| 4 juice of lime juiced |
| 2 tablespoons brown sugar light |

| | 4 cups watermelon rind white cut into 1/2-inch cubes | |
|------------|--|--|
| | 2 teaspoons pepper flakes red crushed to taste | |
| | 0.5 teaspoon salt | |
| | 1 cup seasoned rice vinegar | |
| | 2 shallots chopped | |
| | 12 cups watermelon seedless chilled peeled cut into 1-inch cubes | |
| Ea | u inmant | |
| Equipment | | |
| Ш | bowl | |
| | frying pan | |
| | paper towels | |
| | sauce pan | |
| | sieve | |
| | blender | |
| Directions | | |
| | Bring 11/2 cups of seasoned rice vinegar to a boil in a saucepan, and mix in the 2 pieces of crushed ginger root, shallots, red pepper flakes, 1/4 cup of light brown sugar, and 1 teaspoon of salt. Stir until the brown sugar and salt have dissolved, and remove from heat. | |
| | Place watermelon rind into a large heatproof nonreactive bowl, and strain the pickling liquid through a fine mesh strainer into the watermelon rind. Stir to combine, and refrigerate at least 1 hour. | |
| | Place the bacon in a large, deep skillet, and cook over medium-high heat, turning occasionally until evenly browned, about 10 minutes. | |
| | Drain the bacon slices on a paper towel-lined plate. Chop the bacon into pieces when cooled | |
| | For dressing, place 1/2 cup of peeled and chopped ginger, garlic, lime juice, 1 cup of seasoned rice vinegar, 2 tablespoons of light brown sugar, 1/2 teaspoon of salt, and cilantro stems in a blender. Blend on high speed, scraping down blender sides occasionally, until the ginger and cilantro stems are pulverized and the dressing is thoroughly blended. | |
| | To assemble, place about 1 cup of watermelon cubes onto a salad plate, and drizzle with about 2 tablespoons of the dressing. Top with about 2 tablespoons of the pickled rind, 1 to 2 | |

tablespoons of bacon bits, 1 tablespoon of cilantro leaves, and about 1/2 tablespoon of chopped green onion, or to taste.

Nutrition Facts

PROTEIN 18.15% 📕 FAT 65.3% 📒 CARBS 16.55%

Properties

Glycemic Index:34.83, Glycemic Load:12.82, Inflammation Score:-8, Nutrition Score:19.887825934783%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.04mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 628.69kcal (31.43%), Fat: 45.53g (70.05%), Saturated Fat: 16.25g (101.54%), Carbohydrates: 25.96g (8.65%), Net Carbohydrates: 24.27g (8.82%), Sugar: 18.12g (20.13%), Cholesterol: 117.3mg (39.1%), Sodium: 611.6mg (26.59%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 28.48g (56.96%), Vitamin B12: 2.69µg (44.85%), Selenium: 29.78µg (42.55%), Vitamin B3: 7.65mg (38.27%), Zinc: 5.73mg (38.17%), Vitamin B6: 0.69mg (34.32%), Vitamin A: 1571.76IU (31.44%), Vitamin C: 25.1mg (30.43%), Phosphorus: 299.78mg (29.98%), Potassium: 787.39mg (22.5%), Vitamin B1: 0.3mg (19.7%), Iron: 3.31mg (18.4%), Vitamin B2: 0.28mg (16.3%), Vitamin B5: 1.46mg (14.64%), Magnesium: 58.46mg (14.62%), Copper: 0.24mg (11.93%), Vitamin K: 12.26µg (11.67%), Manganese: 0.2mg (10.04%), Vitamin E: 1.12mg (7.44%), Fiber: 1.69g (6.77%), Folate: 22.31µg (5.58%), Calcium: 55.59mg (5.56%), Vitamin D: 0.34µg (2.26%)