



Malaysian Watermelon Salad



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



8

CALORIES



629 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 pound bacon thick cut
- ☐ 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

Equipment

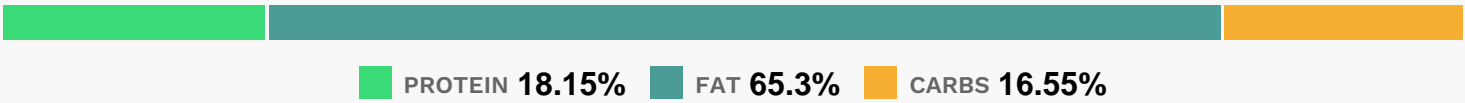
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Bring 1 1/2 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



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 Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg, Kaempferol: 1.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.94mg, 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 %: 0% (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%)