




Melon and Cucumber Salad with Feta, Black Pepper, and Mint

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



170 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon pepper black as needed freshly ground plus more
- 1 cup feta cheese crumbled
- 1 tablespoon mint leaves fresh finely chopped
- 2 pounds wedges honeydew melon ()
- 0.1 teaspoon kosher salt
- 2 teaspoons juice of lemon freshly squeezed
- 1 teaspoon lemon zest finely grated (from 1 medium lemon)

- 2 tablespoons olive oil
- 12 ounces cucumber such as kirby (3 medium), medium dice

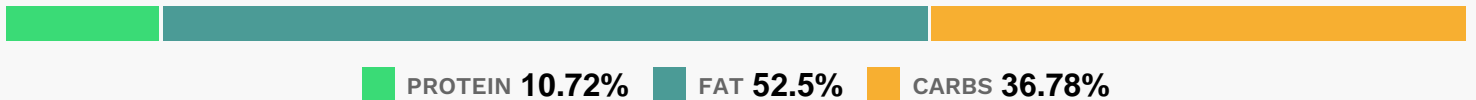
Equipment

- bowl
- whisk
- slotted spoon

Directions

- Place the lemon zest and juice, measured pepper, and salt in a large bowl and whisk to combine. While whisking continuously, add the oil in a slow, steady stream until it's fully incorporated.
- Add the melon, cucumber, and mint and toss to combine.
- Place the bowl in the refrigerator and chill until the flavors meld, at least 1 hour and up to 2 hours. Using a slotted spoon, transfer the salad to a serving platter, leaving any liquid in the bowl behind. Top with the feta and season with more pepper.

Nutrition Facts



Properties

Glycemic Index:12.33, Glycemic Load:0.41, Inflammation Score:-4, Nutrition Score:8.8782609623411%

Flavonoids

Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg
 Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg
 Eriodictyol: 0.34mg, Eriodictyol: 0.34mg, Eriodictyol: 0.34mg
 Hesperetin: 0.33mg, Hesperetin: 0.33mg, Hesperetin: 0.33mg
 Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg
 Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg
 Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg
 Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 170.26kcal (8.51%), Fat: 10.36g (15.94%), Saturated Fat: 4.04g (25.24%), Carbohydrates: 16.34g (5.45%),
 Net Carbohydrates: 14.58g (5.3%), Sugar: 13.12g (14.57%), Cholesterol: 22.25mg (7.42%), Sodium: 362.22mg

(15.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.76g (9.52%), Vitamin C: 30.37mg (36.81%), Vitamin B2: 0.25mg (14.49%), Calcium: 143.65mg (14.36%), Vitamin B6: 0.27mg (13.54%), Potassium: 446.6mg (12.76%), Folate: 46.02µg (11.51%), Vitamin K: 12µg (11.43%), Phosphorus: 113.83mg (11.38%), Vitamin B1: 0.12mg (7.67%), Vitamin B12: 0.42µg (7.04%), Fiber: 1.76g (7.02%), Selenium: 4.88µg (6.97%), Magnesium: 27.78mg (6.94%), Zinc: 0.97mg (6.44%), Vitamin B5: 0.62mg (6.21%), Manganese: 0.12mg (6.03%), Vitamin A: 258.5IU (5.17%), Vitamin E: 0.77mg (5.13%), Vitamin B3: 0.92mg (4.6%), Copper: 0.09mg (4.51%), Iron: 0.63mg (3.52%)