



Melon-and-Mozzarella Salad



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



10

CALORIES



233 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons basil fresh chopped
- ☐ 2 cups grapes green seedless cut in half
- ☐ 4 cups wedges honeydew melon cubed
- ☐ 8 oz baby mozzarella balls fresh cut in half
- ☐ 1.5 lb peaches fresh peeled coarsely chopped
- ☐ 0.8 cup poppy seeds
- ☐ 10 servings raspberries fresh
- ☐ 3 cups strawberries fresh sliced

☐ 4 cups watermelon cubed seeded

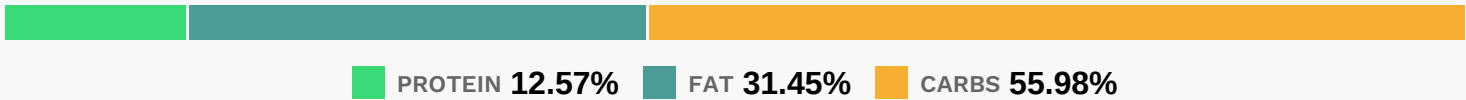
Equipment

☐ bowl

Directions

- ☐ Toss first 3 ingredients with 1/4 cup Lemon-Poppy Seed Dressing.
- ☐ Layer watermelon, peach mixture, honeydew, berries, and grapes in a large glass trifle dish or tall glass bowl.
- ☐ Serve immediately, or cover and chill up to 8 hours. Toss with remaining 1/2 cup dressing just before serving.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:30.19, Glycemic Load:9.85, Inflammation Score:-7, Nutrition Score:16.078695608222%

Flavonoids

Cyanidin: 29.49mg, Cyanidin: 29.49mg, Cyanidin: 29.49mg, Cyanidin: 29.49mg Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg Delphinidin: 0.93mg, Delphinidin: 0.93mg, Delphinidin: 0.93mg, Delphinidin: 0.93mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 11.32mg, Pelargonidin: 11.32mg, Pelargonidin: 11.32mg, Pelargonidin: 11.32mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 5.48mg, Catechin: 5.48mg, Catechin: 5.48mg, Catechin: 5.48mg Epigallocatechin: 1.35mg, Epigallocatechin: 1.35mg, Epigallocatechin: 1.35mg, Epigallocatechin: 1.35mg Epicatechin: 3.89mg, Epicatechin: 3.89mg, Epicatechin: 3.89mg, Epicatechin: 3.89mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg, Epigallocatechin 3-gallate: 0.58mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 233.37kcal (11.67%), Fat: 8.91g (13.71%), Saturated Fat: 2.03g (12.7%), Carbohydrates: 35.69g (11.9%), Net Carbohydrates: 27.38g (9.96%), Sugar: 24.67g (27.41%), Cholesterol: 8.16mg (2.72%), Sodium: 41.41mg (1.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.01g (16.02%), Vitamin C: 62.23mg (75.42%), Manganese: 1.18mg (59.15%), Fiber: 8.32g (33.26%), Calcium: 225.89mg (22.59%), Copper: 0.33mg (16.62%), Potassium: 576.22mg (16.46%), Magnesium: 65.66mg (16.42%), Vitamin K: 16.6µg (15.81%), Vitamin A: 678.32IU (13.57%), Phosphorus: 128.53mg (12.85%), Folate: 48.96µg (12.24%), Vitamin B1: 0.18mg (11.79%), Iron: 1.94mg (10.8%), Vitamin B6: 0.2mg (10.15%), Vitamin E: 1.38mg (9.22%), Zinc: 1.21mg (8.06%), Vitamin B3: 1.6mg (7.98%), Vitamin B5: 0.64mg (6.36%), Vitamin B2: 0.1mg (6.08%), Selenium: 3.49µg (4.98%)