



Melon, Berry and Feta Salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



20

CALORIES



25 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup blackberries
- ☐ 2 tablespoons chives snipped
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 2 ounces feta cheese cut into thin slices
- ☐ 2 tablespoons juice of lemon
- ☐ 0.5 teaspoon lemon zest minced
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 20 servings pepper freshly ground

- ☐ 20 servings salt
- ☐ 1 small shallots thinly sliced (small)

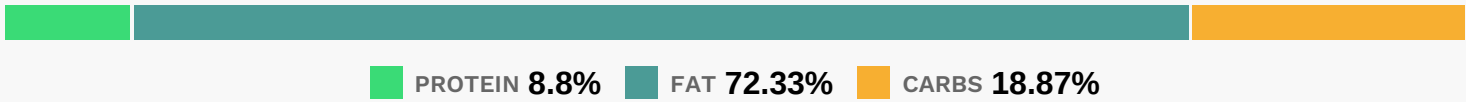
Equipment

- ☐ bowl

Directions

- ☐ In a small bowl, combine the olive oil, lemon juice, shallot, preserved lemon and crushed red pepper and season with salt and pepper.
- ☐ Arrange the melon slices and blackberries on a platter.
- ☐ Drizzle the dressing over the fruit.
- ☐ Garnish the salad with the feta and snipped chives and serve.

Nutrition Facts



Properties

Glycemic Index:7.95, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:1.1843478206707%

Flavonoids

Cyanidin: 7.2mg, Cyanidin: 7.2mg, Cyanidin: 7.2mg, Cyanidin: 7.2mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg, Catechin: 2.67mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.34mg, Epicatechin: 0.34mg, Epicatechin: 0.34mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 24.66kcal (1.23%), Fat: 2.06g (3.17%), Saturated Fat: 0.57g (3.59%), Carbohydrates: 1.21g (0.4%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.5g (0.55%), Cholesterol: 2.52mg (0.84%), Sodium: 226.81mg (9.86%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.56g (1.13%), Manganese: 0.07mg (3.3%), Vitamin K: 3.16µg (3.01%), Vitamin C: 2.37mg (2.87%), Vitamin E: 0.3mg (2.03%), Fiber: 0.47g (1.89%), Calcium: 17.55mg (1.76%), Vitamin B2: 0.03mg (1.59%), Phosphorus: 12.41mg (1.24%), Vitamin B6: 0.02mg (1.02%)