



Melon-Cucumber Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



61 kcal

SIDE DISH

Ingredients



3 cups cantaloupe cubed



0.5 teaspoon chili powder



1 medium cucumber



2 tablespoons limeade concentrate undiluted



1 teaspoon vegetable oil



1 tablespoon water

Equipment

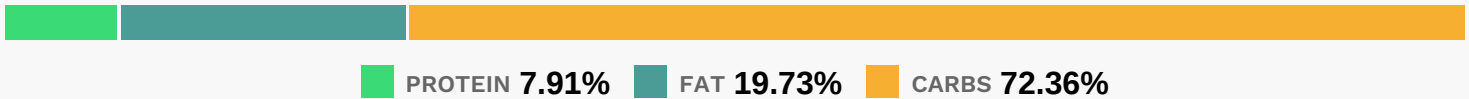


bowl

Directions

- ☐ Cut cucumber in half lengthwise; cut each half crosswise into 1/4-inch-thick slices.
- ☐ Combine cucumber and cantaloupe in a medium bowl.
- ☐ Combine limeade concentrate and remaining 3 ingredients, stirring well.
- ☐ Pour limeade mixture over cantaloupe mixture; toss lightly. Cover and chill thoroughly. Toss lightly before serving.

Nutrition Facts



Properties

Glycemic Index:20.63, Glycemic Load:6.07, Inflammation Score:-10, Nutrition Score:7.9378262239954%

Flavonoids

Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 61.32kcal (3.07%), Fat: 1.46g (2.24%), Saturated Fat: 0.25g (1.53%), Carbohydrates: 12.02g (4.01%), Net Carbohydrates: 10.62g (3.86%), Sugar: 11.15g (12.39%), Cholesterol: 0mg (0%), Sodium: 41.51mg (1.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.63%), Vitamin A: 4168.71IU (83.37%), Vitamin C: 14.92mg (18.08%), Vitamin K: 9.19µg (8.75%), Potassium: 262.35mg (7.5%), Copper: 0.14mg (7.1%), Folate: 23.98µg (5.99%), Fiber: 1.4g (5.59%), Magnesium: 22.19mg (5.55%), Vitamin B1: 0.08mg (5.01%), Manganese: 0.09mg (4.51%), Vitamin B3: 0.88mg (4.41%), Zinc: 0.63mg (4.17%), Vitamin B6: 0.08mg (3.96%), Iron: 0.61mg (3.39%), Phosphorus: 31.78mg (3.18%), Selenium: 2.15µg (3.07%), Vitamin B2: 0.05mg (2.8%), Vitamin B5: 0.25mg (2.5%), Calcium: 18.92mg (1.89%), Vitamin E: 0.26mg (1.75%)