



Melon-Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



113 kcal

SIDE DISH

Ingredients

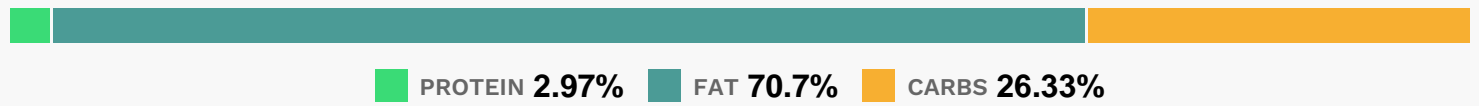
- 0.3 cup vegetable oil
- 2 tablespoons juice of lemon
- 0.5 teaspoon sugar
- 0.3 teaspoon salt
- 0.1 teaspoon pepper freshly ground
- 3 cups watermelon (honeydew, cantaloupe, watermelon)
- 1 serving the salad assorted
- 2 small cucumber thinly sliced

Equipment

Directions

- Shake oil, lemon juice, sugar, salt and pepper in tightly covered container; toss with melon and cucumbers.
- Cover and refrigerate at least 1 hour but no longer than 8 hours.
- Drain salad.
- Serve on salad greens.

Nutrition Facts



Properties

Glycemic Index:31.96, Glycemic Load:4.41, Inflammation Score:-5, Nutrition Score:4.0078261079996%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 112.97kcal (5.65%), Fat: 9.3g (14.31%), Saturated Fat: 1.41g (8.8%), Carbohydrates: 7.79g (2.6%), Net Carbohydrates: 7.1g (2.58%), Sugar: 5.9g (6.55%), Cholesterol: 0mg (0%), Sodium: 100.5mg (4.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.88g (1.76%), Vitamin K: 20.64µg (19.66%), Vitamin C: 11.32mg (13.72%), Vitamin A: 546.62IU (10.93%), Vitamin E: 0.8mg (5.36%), Potassium: 173.94mg (4.97%), Manganese: 0.08mg (4.17%), Magnesium: 15.03mg (3.76%), Copper: 0.07mg (3.7%), Vitamin B6: 0.07mg (3.44%), Folate: 13.13µg (3.28%), Vitamin B5: 0.31mg (3.09%), Vitamin B1: 0.04mg (2.98%), Fiber: 0.7g (2.79%), Phosphorus: 22.49mg (2.25%), Vitamin B2: 0.03mg (1.96%), Iron: 0.35mg (1.95%), Calcium: 14.11mg (1.41%), Zinc: 0.18mg (1.22%)