

Melon-Cucumber Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



65 min.

SERVINGS



6

CALORIES



123 kcal

SIDE DISH

Ingredients

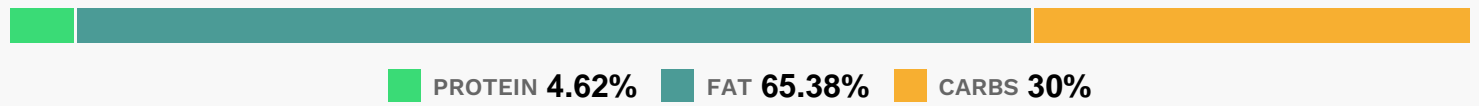
- 2 small cucumber thinly sliced
- 2 tablespoons juice of lemon
- 3 cups cantaloupe (honeydew, cantaloupe, watermelon)
- 0.1 teaspoon pepper freshly ground
- 6 servings the salad assorted
- 0.3 teaspoon salt
- 0.5 teaspoon sugar
- 0.3 cup vegetable oil

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:30.77, Glycemic Load:4.33, Inflammation Score:-9, Nutrition Score:8.3073913118114%

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: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 122.7kcal (6.14%), Fat: 9.35g (14.39%), Saturated Fat: 1.44g (9%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 8.62g (3.14%), Sugar: 7.49g (8.32%), Cholesterol: 0mg (0%), Sodium: 132.41mg (5.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Vitamin A: 3198.45IU (63.97%), Vitamin C: 21.62mg (26.21%), Vitamin K: 22.72µg (21.64%), Folate: 34.38µg (8.6%), Potassium: 271.76mg (7.76%), Manganese: 0.14mg (6.81%), Copper: 0.13mg (6.34%), Vitamin E: 0.81mg (5.38%), Magnesium: 21.49mg (5.37%), Vitamin B6: 0.09mg (4.66%), Vitamin B1: 0.07mg (4.58%), Fiber: 1.03g (4.14%), Phosphorus: 40.73mg (4.07%), Vitamin B3: 0.8mg (4%), Iron: 0.68mg (3.79%), Zinc: 0.53mg (3.53%), Vitamin B2: 0.06mg (3.27%), Vitamin B5: 0.27mg (2.66%), Selenium: 1.58µg (2.26%), Calcium: 20.32mg (2.03%)