

Melon Salad with Chili and Mint



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



3

CALORIES



4 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 teaspoon kosher salt to taste
- 0.5 serrano chiles minced to taste (taste the chile first to determine its heat, then add more or less)
- 2 Tbsp juice of lemon
- 10 large bay leaves fresh
- 4 cups frangelico diced
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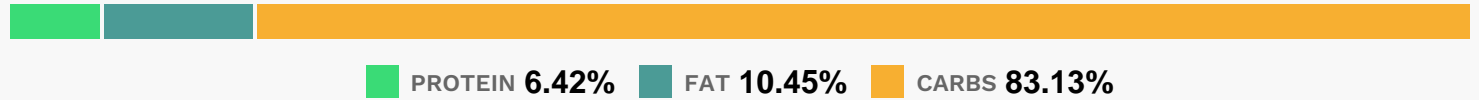
Equipment

- bowl

Directions

- Toss melon with salt:
- Put the diced melon into a large bowl.
- Sprinkle with salt and toss to combine.
- Add the lime or lemon juice and minced chili. Toss to combine. Chiles vary in their level of hotness, so start with a small amount (maybe 1 teaspoon minced), and add more to taste. Refrigerate until ready to serve.
- When you are ready to serve, slice the mint leaves thin and gently combine with the diced melon. The easiest way to slice the mint is to chiffonade it: stack the mint leaves, roll them into a cigar shape and slice thin.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.57652174122632%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 3.56kcal (0.18%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 1.01g (0.34%), Net Carbohydrates: 0.85g (0.31%), Sugar: 0.29g (0.32%), Cholesterol: 0mg (0%), Sodium: 387.86mg (16.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.08g (0.16%), Vitamin C: 4.47mg (5.42%), Manganese: 0.03mg (1.56%)