



Melon Salad with Lavender Honey Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



4 min.

SERVINGS



4

CALORIES



37 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon mint leaves fresh chopped
- 1 teaspoon lavender honey
- 1 tablespoon juice of lime fresh
- 2 cups melon mixed

Equipment

- bowl

Directions

- Combine first 3 ingredients in a small bowl.
- Pour dressing over melon, tossing to coat.

Nutrition Facts



Properties

Glycemic Index:25.07, Glycemic Load:3.36, Inflammation Score:-10, Nutrition Score:6.5134783109407%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 37.42kcal (1.87%), Fat: 0.25g (0.39%), Saturated Fat: 0g (0.02%), Carbohydrates: 8.57g (2.86%), Net Carbohydrates: 7.27g (2.64%), Sugar: 7.41g (8.24%), Cholesterol: 0mg (0%), Sodium: 19.93mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.01g (2.03%), Vitamin A: 4055.68IU (81.11%), Vitamin C: 18.09mg (21.93%), Folate: 37.32µg (9.33%), Potassium: 214.69mg (6.13%), Fiber: 1.3g (5.21%), Vitamin B3: 0.74mg (3.69%), Phosphorus: 31.55mg (3.16%), Vitamin B6: 0.06mg (3.13%), Magnesium: 12.22mg (3.05%), Vitamin B5: 0.28mg (2.82%), Copper: 0.05mg (2.65%), Calcium: 23.54mg (2.35%), Iron: 0.39mg (2.19%)