



# Old Ivory Egg Tomato, Watermelon, and Mint Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



218 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

## Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 pound old ivory egg tomato
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 1 ounce feta cheese crumbled
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 tablespoons mint leaves
- ☐ 0.3 teaspoon sea salt

☐

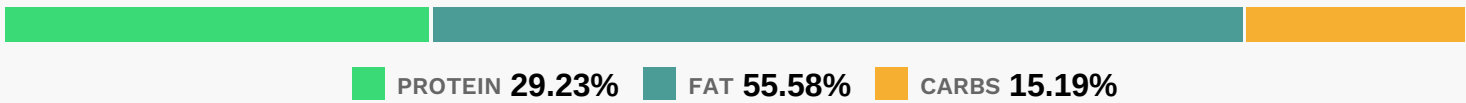
12 ounces watermelon wedges seedless 1/

## Equipment

## Directions

- ☐ Arrange tomato and watermelon alternately on a platter; sprinkle evenly with salt and pepper. Scatter mint over tomato mixture.
- ☐ Drizzle with juice and oil; top with cheese.

## Nutrition Facts



## Properties

Glycemic Index:33.42, Glycemic Load:4.63, Inflammation Score:-6, Nutrition Score:13.695217552392%

## Flavonoids

Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg, Eriodictyol: 0.86mg Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg, Hesperetin: 0.59mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 218.3kcal (10.91%), Fat: 13.47g (20.72%), Saturated Fat: 4.65g (29.07%), Carbohydrates: 8.28g (2.76%), Net Carbohydrates: 7.69g (2.8%), Sugar: 5.76g (6.4%), Cholesterol: 428.15mg (142.72%), Sodium: 388.91mg (16.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.94g (31.87%), Selenium: 36.23µg (51.75%), Vitamin B2: 0.6mg (35.49%), Phosphorus: 260.32mg (26.03%), Vitamin A: 1234.94IU (24.7%), Vitamin B5: 2.01mg (20.1%), Vitamin B12: 1.13µg (18.82%), Folate: 61.36µg (15.34%), Vitamin D: 2.3µg (15.31%), Vitamin B6: 0.27mg (13.31%), Iron: 2.38mg (13.24%), Zinc: 1.78mg (11.9%), Calcium: 111.65mg (11.17%), Vitamin C: 8.81mg (10.68%), Vitamin E: 1.4mg (9.33%), Potassium: 276.45mg (7.9%), Copper: 0.13mg (6.53%), Magnesium: 25.98mg (6.49%), Vitamin B1: 0.09mg (5.83%), Manganese: 0.11mg (5.62%), Fiber: 0.59g (2.35%), Vitamin B3: 0.36mg (1.78%), Vitamin K: 1.38µg (1.32%)