



Picante Three-Melon Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



63 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon chipotles in adobo canned minced
- ☐ 0.3 teaspoon chili powder
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 3 cups wedges honeydew melon cubed
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 teaspoon lime zest grated
- ☐ 0.5 teaspoon salt
- ☐ 2.5 teaspoons serrano chiles seeded finely chopped (1)

- ☐ 3 cups watermelon red cubed seeded
- ☐ 3 cups watermelon yellow cubed seeded
- ☐ 0.5 cup onion white chopped

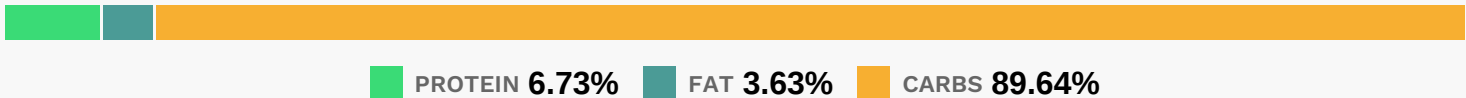
Equipment

- ☐ bowl

Directions

- ☐ Combine first 6 ingredients in a large bowl.
- ☐ Combine rind and remaining ingredients in a small bowl.
- ☐ Pour juice mixture over melon mixture; toss well.
- ☐ Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:30.04, Glycemic Load:6.3, Inflammation Score:-6, Nutrition Score:4.5434783126997%

Flavonoids

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.12mg,
Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.61mg, Hesperetin: 0.61mg, Hesperetin:
0.61mg, Hesperetin: 0.61mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg
Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg,
Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg,
Kaempferol: 0.58mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg

Nutrients (% of daily need)

Calories: 63.08kcal (3.15%), Fat: 0.29g (0.44%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 15.93g (5.31%), Net
Carbohydrates: 14.7g (5.35%), Sugar: 12.8g (14.22%), Cholesterol: 0mg (0%), Sodium: 159.61mg (6.94%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Protein: 1.2g (2.39%), Vitamin C: 23.52mg (28.51%), Vitamin A: 714.81IU (14.3%),
Potassium: 298.14mg (8.52%), Vitamin B6: 0.13mg (6.31%), Magnesium: 19.5mg (4.88%), Fiber: 1.22g (4.88%),
Vitamin B1: 0.07mg (4.57%), Folate: 18.24µg (4.56%), Manganese: 0.08mg (3.87%), Vitamin B5: 0.37mg (3.73%),
Copper: 0.07mg (3.53%), Vitamin B3: 0.51mg (2.54%), Iron: 0.43mg (2.39%), Phosphorus: 23.77mg (2.38%), Vitamin

K: 2.49µg (2.37%), Vitamin B2: 0.04mg (2.14%), Calcium: 15.41mg (1.54%), Selenium: 0.98µg (1.39%), Zinc: 0.2mg (1.32%)