



Rio Grande Melon Salad

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



496 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup vegetable oil
- 0.3 teaspoon lime zest grated
- 2 tablespoons juice of lime
- 1 tablespoon honey
- 2 mangos pitted peeled sliced
- 0.5 wedges honeydew melon peeled seeded thinly sliced
- 2 cups meatballs
- 0.8 cup cashew pieces red seedless

1 serving watercress

Equipment

Directions

- In tightly covered container, shake all dressing ingredients until well blended.
- Arrange fruits on 6 plates.
- Drizzle with dressing.
- Garnish with watercress.

Nutrition Facts

PROTEIN 13.76% **FAT 64.05%** **CARBS 22.19%**

Properties

Glycemic Index:32.2, Glycemic Load:7.4, Inflammation Score:-8, Nutrition Score:20.510869855466%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg, Kaempferol: 1.34mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 495.98kcal (24.8%), Fat: 36.31g (55.87%), Saturated Fat: 9.41g (58.84%), Carbohydrates: 28.3g (9.43%), Net Carbohydrates: 25.75g (9.37%), Sugar: 22.04g (24.49%), Cholesterol: 56.78mg (18.93%), Sodium: 68.55mg (2.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.55g (35.11%), Vitamin C: 48.93mg (59.31%), Vitamin B1: 0.71mg (47.45%), Vitamin K: 47.96µg (45.68%), Selenium: 23.85µg (34.08%), Vitamin B6: 0.56mg (27.77%), Phosphorus: 259.28mg (25.93%), Copper: 0.5mg (24.93%), Vitamin B3: 4.52mg (22.61%), Potassium: 718.34mg (20.52%), Magnesium: 81.3mg (20.33%), Vitamin A: 988.8IU (19.78%), Zinc: 2.84mg (18.95%), Manganese: 0.36mg

(18.23%), Folate: 59µg (14.75%), Vitamin B2: 0.24mg (14.27%), Vitamin E: 1.85mg (12.31%), Iron: 2.1mg (11.65%), Fiber: 2.55g (10.19%), Vitamin B5: 0.99mg (9.94%), Vitamin B12: 0.55µg (9.2%), Calcium: 38.73mg (3.87%)