



Rio Grande Melon Salad



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



419 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

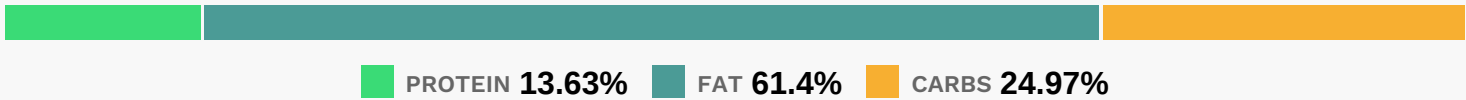
- ☐ 0.8 cup grapes red seedless
- ☐ 1 tablespoon honey
- ☐ 0.5 wedges honeydew melon peeled seeded thinly sliced
- ☐ 2 tablespoons juice of lime
- ☐ 0.3 teaspoon lime zest grated
- ☐ 2 mangos pitted peeled sliced
- ☐ 0.3 cup vegetable oil
- ☐ 2 cups meatballs

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



Properties

Glycemic Index:30.34, Glycemic Load:7.78, Inflammation Score:-7, Nutrition Score:15.890869638194%

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: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 419.21kcal (20.96%), Fat: 29.27g (45.03%), Saturated Fat: 8.17g (51.05%), Carbohydrates: 26.78g (8.93%), Net Carbohydrates: 24.62g (8.95%), Sugar: 24g (26.67%), Cholesterol: 56.78mg (18.93%), Sodium: 64.67mg (2.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.62g (29.24%), Vitamin C: 47.01mg (56.99%), Vitamin B1: 0.65mg (43.43%), Vitamin K: 31.05µg (29.57%), Selenium: 20.61µg (29.45%), Vitamin B6: 0.5mg (24.85%), Vitamin B3: 4.38mg (21.88%), Potassium: 629.26mg (17.98%), Vitamin A: 820.43IU (16.41%), Phosphorus: 164.03mg (16.4%), Vitamin B2: 0.24mg (14.1%), Folate: 54.83µg (13.71%), Zinc: 1.92mg (12.79%), Vitamin E: 1.68mg (11.2%), Vitamin B12: 0.55µg (9.2%), Fiber: 2.16g (8.63%), Magnesium: 34.35mg (8.59%), Vitamin B5: 0.85mg (8.46%),

Copper: 0.16mg (8.22%), Iron: 1.08mg (5.98%), Manganese: 0.1mg (4.86%), Calcium: 27.86mg (2.79%)