



WHATSheATE



Rio Grande Melon Salad



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



423 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
- ☐ 6 servings watercress

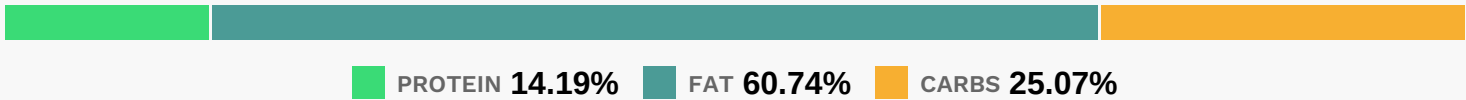
☐ 2 cups meatballs

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:35.67, Glycemic Load:7.87, Inflammation Score:-9, Nutrition Score:21.942608812581%

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: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 7.86mg, Kaempferol: 7.86mg, Kaempferol: 7.86mg, Kaempferol: 7.86mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 10.22mg, Quercetin: 10.22mg, Quercetin: 10.22mg, Quercetin: 10.22mg

Nutrients (% of daily need)

Calories: 422.95kcal (21.15%), Fat: 29.3g (45.08%), Saturated Fat: 8.18g (51.11%), Carbohydrates: 27.21g (9.07%), Net Carbohydrates: 24.89g (9.05%), Sugar: 24.07g (26.74%), Cholesterol: 56.78mg (18.93%), Sodium: 78.61mg (3.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.4g (30.81%), Vitamin K: 116.05µg (110.52%), Vitamin C: 61.63mg (74.71%), Vitamin B1: 0.68mg (45.47%), Vitamin A: 1905.37IU (38.11%), Selenium: 20.92µg (29.88%), Vitamin B6: 0.54mg (27.04%), Vitamin B3: 4.44mg (22.22%), Potassium: 741.46mg (21.18%), Phosphorus: 184.43mg (18.44%), Vitamin B2: 0.28mg (16.5%), Folate: 57.89µg (14.47%), Vitamin E: 2.02mg (13.47%), Zinc: 1.96mg (13.04%),

Magnesium: 41.49mg (10.37%), Vitamin B5: 0.95mg (9.52%), Copper: 0.19mg (9.52%), Fiber: 2.33g (9.31%), Vitamin B12: 0.55µg (9.2%), Manganese: 0.18mg (9.01%), Calcium: 68.66mg (6.87%), Iron: 1.14mg (6.35%)