



Southwest Watermelon Salad

 Gluten Free

READY IN



185 min.

SERVINGS



10

CALORIES



122 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup cotija cheese crumbled
- ☐ 0.3 cup basil fresh coarsely chopped
- ☐ 1 tablespoon chives fresh chopped
- ☐ 0.3 cup cilantro leaves fresh coarsely chopped
- ☐ 1 teaspoon garlic minced
- ☐ 1 tablespoon jalapeno seeded thinly sliced
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.5 cup pickled watermelon rind

- ☐ 1 tablespoon lime zest
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon shallots thinly sliced
- ☐ 2 tablespoons sugar
- ☐ 4 cups watermelon red cubed seeded
- ☐ 4 cups watermelon yellow cubed seeded

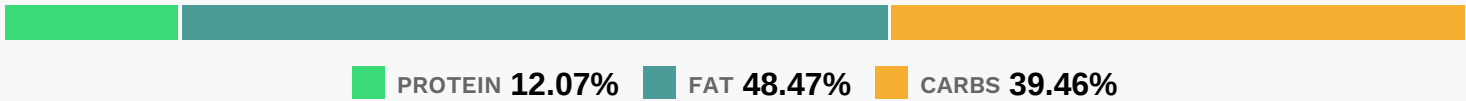
Equipment

- ☐ bowl

Directions

- ☐ Combine first 5 ingredients in a large glass bowl. Stir in Pickled Watermelon Rind and next 6 ingredients.
- ☐ Drizzle with oil; sprinkle with cheese.
- ☐ Serve immediately, or cover and chill up to 2 hours.
- ☐ *Feta cheese may be substituted.

Nutrition Facts



Properties

Glycemic Index:51.74, Glycemic Load:8.36, Inflammation Score:-6, Nutrition Score:5.2591304999331%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 121.77kcal (6.09%), Fat: 6.87g (10.57%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 11.96g (4.35%), Sugar: 10.15g (11.28%), Cholesterol: 14.66mg (4.89%), Sodium: 94.84mg (4.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.85g (7.7%), Vitamin A: 813.29IU (16.27%), Vitamin C: 13.27mg (16.08%), Vitamin B6: 0.14mg (6.98%), Vitamin K: 6.83µg (6.5%), Vitamin B2: 0.11mg (6.44%), Vitamin B12: 0.37µg (6.13%), Phosphorus: 59.1mg (5.91%), Zinc: 0.83mg (5.53%), Potassium: 188.42mg (5.38%), Calcium: 50.88mg (5.09%), Selenium: 3.39µg (4.84%), Magnesium: 16.9mg (4.22%), Vitamin B5: 0.42mg (4.17%), Vitamin B3: 0.81mg (4.03%), Vitamin E: 0.6mg (4.01%), Vitamin B1: 0.06mg (4%), Iron: 0.63mg (3.52%), Manganese: 0.07mg (3.46%), Copper: 0.07mg (3.39%), Fiber: 0.62g (2.5%), Folate: 8.91µg (2.23%)