




Spicy Warm Pineapple Watermelon Salad


 Vegetarian  Gluten Free

READY IN




25 min.

SERVINGS



6

CALORIES



132 kcal

- SIDE DISH
- ANTIPASTI
- STARTER
- SNACK

Ingredients

- 6 servings mint leaves fresh chopped for serving
- 3 cloves garlic chopped
- 6 servings goat cheese crumbled for serving
- 2 cups pineapple diced
- 1 onion diced red
- 0.5 cup rice wine vinegar
- 6 servings salt
- 1 tablespoon sugar

0.5 cup watermelon chunks

Equipment

frying pan

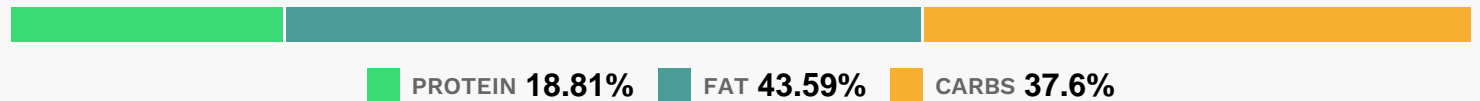
sauce pan

Directions

Saute the onion and garlic together over low heat, in a medium saucepan, being careful not to burn the garlic.

Add the sugar and let it dissolve until almost caramelized. Stir in the pineapple, watermelon, and vinegar and allow to cook until the fruit is coated with the liquid in the pan, about 2 to 3 minutes. Season with salt, to taste, and serve with chopped mint and goat cheese.

Nutrition Facts



Properties

Glycemic Index:51.74, Glycemic Load:6.37, Inflammation Score:-5, Nutrition Score:7.186956550764%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg, Quercetin: 3.82mg

Nutrients (% of daily need)

Calories: 132.29kcal (6.61%), Fat: 6.45g (9.92%), Saturated Fat: 4.39g (27.44%), Carbohydrates: 12.52g (4.17%), Net Carbohydrates: 11.28g (4.1%), Sugar: 9.27g (10.3%), Cholesterol: 13.8mg (4.6%), Sodium: 306.61mg (13.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.53%), Vitamin C: 29.46mg (35.71%), Manganese: 0.62mg (30.87%), Copper: 0.3mg (15.1%), Vitamin B6: 0.18mg (9.21%), Phosphorus: 91.79mg (9.18%), Vitamin A: 456.86IU (9.14%), Vitamin B2: 0.14mg (8.46%), Calcium: 60.81mg (6.08%), Vitamin B1: 0.08mg (5.39%), Fiber: 1.24g (4.98%), Iron: 0.88mg (4.91%), Folate: 18.55µg (4.64%), Magnesium: 15.89mg (3.97%), Vitamin B5: 0.38mg (3.84%), Potassium: 120.91mg (3.45%), Zinc: 0.42mg (2.78%), Vitamin B3: 0.48mg (2.38%), Selenium: 1.37µg (1.96%)