



Spicy Watermelon Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



123 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 8 ounces cotija cheese
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 jalapeno halved seeded sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup juice of lime
- ☐ 1 teaspoon pepper

- ☐ 0.8 cup red wine vinegar
- ☐ 2 lbs watermelon cubed
- ☐ 1 onion white sliced into thin rings

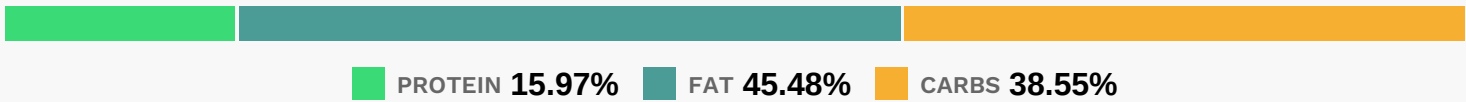
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat vinegar in a small saucepan over high heat until boiling.
- ☐ Add onion and cook, turning as needed, until it's pink and most of vinegar is absorbed, about 5 minutes. Spoon onion out of pan, let cool slightly, then roughly chop.
- ☐ Mix remaining ingredients in a large bowl.
- ☐ Add onion and toss just to combine.

Nutrition Facts



Properties

Glycemic Index:36.83, Glycemic Load:6.69, Inflammation Score:-6, Nutrition Score:7.0243478702462%

Flavonoids

Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 122.62kcal (6.13%), Fat: 6.32g (9.72%), Saturated Fat: 3.8g (23.77%), Carbohydrates: 12.05g (4.02%), Net Carbohydrates: 11.15g (4.05%), Sugar: 7.82g (8.69%), Cholesterol: 25.23mg (8.41%), Sodium: 472.48mg (20.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.98%), Vitamin C: 14.95mg (18.12%), Vitamin A: 854.9IU

(17.1%), Vitamin B2: 0.27mg (16%), Calcium: 156.73mg (15.67%), Phosphorus: 116.48mg (11.65%), Vitamin B6: 0.2mg (10.07%), Vitamin B12: 0.48µg (7.99%), Selenium: 4.81µg (6.87%), Zinc: 0.98mg (6.55%), Manganese: 0.13mg (6.29%), Vitamin B1: 0.09mg (6.07%), Vitamin B5: 0.56mg (5.63%), Potassium: 195.49mg (5.59%), Magnesium: 21.05mg (5.26%), Folate: 17.31µg (4.33%), Iron: 0.67mg (3.71%), Copper: 0.07mg (3.69%), Fiber: 0.9g (3.6%), Vitamin B3: 0.55mg (2.77%), Vitamin K: 2.54µg (2.42%), Vitamin E: 0.21mg (1.42%)