



Summer Melon Salad with Feta and Mint

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



117 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 cup feta cheese cubed
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 1 pint pears cut in half
- ☐ 8 servings pepper freshly ground to taste
- ☐ 8 servings sea salt to taste
- ☐ 1 bunch watercress washed and drained (2 cups)

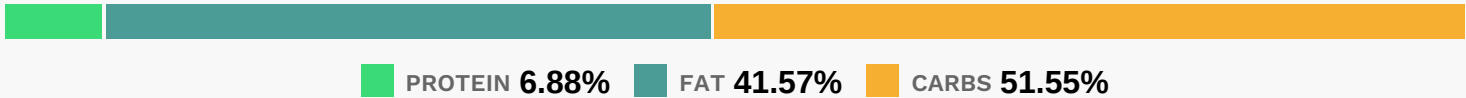
4 cups watermelon cubed

Equipment

Directions

- Place melon and tomatoes on a large platter or individual serving plates.
- Sprinkle cheese and watercress evenly on top.
- Drizzle with olive oil and vinegar; sprinkle with mint. Season with sea salt and pepper.

Nutrition Facts



Properties

Glycemic Index:31.55, Glycemic Load:7.15, Inflammation Score:-5, Nutrition Score:4.9100000132685%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 2.22mg, Epicatechin: 2.22mg, Epicatechin: 2.22mg, Epicatechin: 2.22mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 116.85kcal (5.84%), Fat: 5.72g (8.81%), Saturated Fat: 1.76g (10.99%), Carbohydrates: 15.97g (5.32%), Net Carbohydrates: 13.74g (5%), Sugar: 11.08g (12.32%), Cholesterol: 8.34mg (2.78%), Sodium: 304.5mg (13.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.27%), Vitamin C: 10.24mg (12.41%), Vitamin K: 12.93µg (12.31%), Vitamin A: 613.6IU (12.27%), Fiber: 2.23g (8.91%), Vitamin B2: 0.12mg (6.83%), Calcium: 63.81mg (6.38%), Potassium: 179.3mg (5.12%), Phosphorus: 50.3mg (5.03%), Vitamin B6: 0.1mg (4.81%), Manganese: 0.09mg (4.67%), Copper: 0.09mg (4.52%), Vitamin E: 0.66mg (4.41%), Magnesium: 15.33mg (3.83%), Vitamin B1: 0.05mg (3.34%), Vitamin B5: 0.3mg (3.01%), Zinc: 0.42mg (2.8%), Vitamin B12: 0.16µg (2.64%), Folate: 10.43µg (2.61%), Selenium:

1.8µg (2.58%), Iron: 0.45mg (2.49%), Vitamin B3: 0.34mg (1.71%)