



Susan Feniger's Burmese Gin Thoke Melon Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



565 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup green lentils dried
- ☐ 2 cups coconut flakes unsweetened
- ☐ 4 kaffir lime leaves fresh chopped
- ☐ 1.8 teaspoons kosher salt
- ☐ 0.3 cup juice of lime (from 3 to 4 limes)
- ☐ 0.3 cup soy sauce low-sodium
- ☐ 0.5 cup olive oil extra virgin extra-virgin

- ☐ 1.3 cups peanuts raw
- ☐ 0.3 cup sesame seed toasted
- ☐ 2 tablespoons sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ mixing bowl

Directions

- ☐ Start by cutting up the melons: Trim off the rind of all 3 melons, remove any seeds, and cut the flesh into 1/2 inch dice. Put all of the diced melon in a large mixing bowl.
- ☐ In a separate bowl, combine the ginger, sesame seeds, lime juice, soy sauce, 1/4cup of the olive oil, 2 tablespoons of the sugar, and 1/2 teaspoon of the salt.
- ☐ Mix well and pour over the melon. Toss, and let marinate at room temperature while you prepare the rest of the salad.
- ☐ Put the lentils and 4 cups cold water in a small saucepan set over high heat, and bring to a boil, about 5 minutes. Reduce the heat to low and simmer for 15 minutes.
- ☐ Add 1 teaspoon of the salt and cook for 5 minutes, or until the lentils are tender but not mushy.
- ☐ Drain, rinse with cold water to chill, and then stir into the melon mixture.
- ☐ Combine the coconut, peanuts, kaffir lime, remaining 1 teaspoon sugar, remaining 1/4 cup olive oil, and remaining 1/4 teaspoon salt in a large sauté pan. Toast the peanut mixture over mediumlow heat, stirring it constantly, until the coconut and peanuts have toasted, somewhat unevenly, to a golden brown, 3 to 4 minutes.
- ☐ Remove from the heat and set aside to cool.
- ☐ Just before serving, add the peanut mixture to the melon mixture and stir gently to combine.
- ☐ Serve in a large bowl, preferably at room temperature.

Nutrition Facts



 PROTEIN **13.61%**  FAT **61.11%**  CARBS **25.28%**

Properties

Glycemic Index:23.99, Glycemic Load:5.65, Inflammation Score:-7, Nutrition Score:25.732174018155%

Flavonoids

Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 565.18kcal (28.26%), Fat: 40.47g (62.26%), Saturated Fat: 19.52g (122.01%), Carbohydrates: 37.67g (12.56%), Net Carbohydrates: 19.55g (7.11%), Sugar: 6.97g (7.74%), Cholesterol: 0mg (0%), Sodium: 1080.86mg (46.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.28g (40.56%), Manganese: 2.21mg (110.44%), Fiber: 18.12g (72.48%), Folate: 240.58µg (60.14%), Copper: 0.93mg (46.46%), Magnesium: 151.82mg (37.95%), Phosphorus: 379.07mg (37.91%), Vitamin B1: 0.56mg (37.19%), Vitamin B3: 6.27mg (31.33%), Iron: 5.63mg (31.29%), Zinc: 3.32mg (22.15%), Potassium: 764.45mg (21.84%), Vitamin B6: 0.43mg (21.69%), Selenium: 12.33µg (17.61%), Vitamin B5: 1.5mg (14.99%), Calcium: 123.56mg (12.36%), Vitamin B2: 0.18mg (10.6%), Vitamin C: 4.86mg (5.89%), Vitamin E: 0.88mg (5.87%), Vitamin K: 3.91µg (3.73%)