



## Sweet, Salty, and Spicy Watermelon Refresher



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



185 kcal

SIDE DISH

### Ingredients

- 1 small cantaloupe
- 2 cucumbers english
- 0.5 cup cilantro leaves fresh coarsely chopped
- 2 tablespoons mint leaves fresh coarsely chopped
- 1 jalapeño minced seeded
- 1 jicama
- 0.5 teaspoon kosher salt
- 0.3 cup juice of lime fresh

- 2 mangoes
- 2 tablespoons orange juice fresh
- 1 small onion diced red
- 0.3 teaspoon pepper dried red crushed
- 1 tablespoon sugar
- 1 small watermelon seedless

## Equipment

- bowl

## Directions

- Combine lime juice and next 5 ingredients.
- Place red onion, cilantro, and mint in a large bowl. Dice watermelon and cantaloupe into 1-inch pieces; add to bowl. Peel and dice cucumbers, jicama, and mangoes; add to bowl. Stir in lime juice mixture. Cover and chill 20 minutes.
- Add salt and pepper to taste.

## Nutrition Facts



**PROTEIN 7.33%** **FAT 3.92%** **CARBS 88.75%**

## Properties

Glycemic Index:26.66, Glycemic Load:24.9, Inflammation Score:-10, Nutrition Score:15.562173988508%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg, Kaempferol: 1.86mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.35mg, Quercetin:

2.35mg, Quercetin: 2.35mg, Quercetin: 2.35mg

## Nutrients (% of daily need)

Calories: 185.27kcal (9.26%), Fat: 0.9g (1.39%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 45.92g (15.31%), Net Carbohydrates: 40.33g (14.67%), Sugar: 34.43g (38.25%), Cholesterol: 0mg (0%), Sodium: 117.04mg (5.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.59%), Vitamin A: 3919.75IU (78.4%), Vitamin C: 63.71mg (77.22%), Fiber: 5.59g (22.35%), Potassium: 727.34mg (20.78%), Magnesium: 61.48mg (15.37%), Vitamin B6: 0.29mg (14.35%), Copper: 0.29mg (14.28%), Manganese: 0.28mg (13.99%), Vitamin K: 13.42µg (12.78%), Vitamin B1: 0.19mg (12.36%), Vitamin B5: 1.17mg (11.7%), Folate: 45.91µg (11.48%), Iron: 1.66mg (9.24%), Vitamin B2: 0.14mg (8.38%), Phosphorus: 79.32mg (7.93%), Vitamin B3: 1.38mg (6.88%), Vitamin E: 0.83mg (5.56%), Calcium: 53.91mg (5.39%), Zinc: 0.79mg (5.29%), Selenium: 2.94µg (4.2%)