



Tangy Watermelon Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



125 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon mustard dry
- ☐ 0.3 teaspoon garlic powder
- ☐ 1 cup green onions chopped
- ☐ 1 tablespoon bell pepper green finely chopped
- ☐ 2 tablespoons honey
- ☐ 0.8 cup oil
- ☐ 0.3 teaspoon onion powder
- ☐ 0.8 cup orange juice

- ☐ 0.3 teaspoon pepper
- ☐ 1 onion red halved thinly sliced
- ☐ 5 tablespoons red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 14 cups watermelon cubed

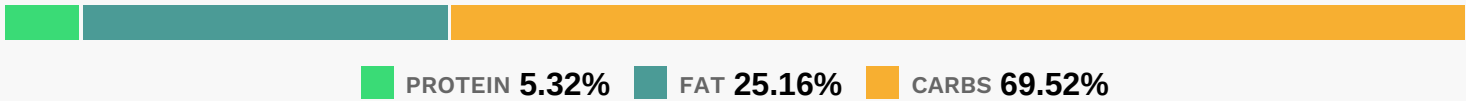
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ In a large bowl, combine watermelon and onion; set aside.
- ☐ In a small bowl, combine orange juice, vinegar, honey, green pepper and seasonings; slowly whisk in oil.
- ☐ Pour over watermelon mixture; toss gently.
- ☐ Cover and refrigerate for at least 2 hours.
- ☐ Serve with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:28.49, Glycemic Load:14.54, Inflammation Score:-8, Nutrition Score:7.3608696097913%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg, Kaempferol: 1.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg, Quercetin: 3.37mg

Nutrients (% of daily need)

Calories: 124.69kcal (6.23%), Fat: 3.77g (5.8%), Saturated Fat: 0.3g (1.85%), Carbohydrates: 23.43g (7.81%), Net Carbohydrates: 22.03g (8.01%), Sugar: 18.93g (21.04%), Cholesterol: 0mg (0%), Sodium: 121.52mg (5.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Vitamin C: 30.05mg (36.43%), Vitamin A: 1351.68IU (27.03%), Vitamin K: 23.53µg (22.41%), Potassium: 328.38mg (9.38%), Magnesium: 27.29mg (6.82%), Vitamin B1: 0.1mg (6.6%), Manganese: 0.13mg (6.54%), Vitamin B6: 0.13mg (6.38%), Copper: 0.11mg (5.74%), Fiber: 1.39g (5.57%), Vitamin B5: 0.53mg (5.32%), Folate: 20.79µg (5.2%), Vitamin E: 0.77mg (5.11%), Iron: 0.79mg (4.39%), Vitamin B2: 0.06mg (3.73%), Phosphorus: 35.38mg (3.54%), Calcium: 28.14mg (2.81%), Vitamin B3: 0.53mg (2.66%), Zinc: 0.3mg (2%), Selenium: 1.15µg (1.64%)