



Tomato and Watermelon Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



201 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons aged balsamic vinegar
- ☐ 0.3 teaspoon coriander seeds
- ☐ 1 small cucumber english peeled seeded cut into 3/4-inch cubes
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1 tablespoon herbs: rosemary mixed fresh chopped
- ☐ 1 haas avocados pitted peeled halved cut into 3/4-inch cubes
- ☐ 4 servings pepper black freshly ground
- ☐ 1 cup seeded/seedless watermelon red yellow seedless

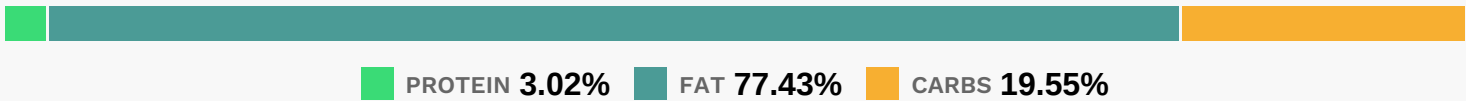
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a bowl, combine the tomatoes, cucumber, watermelon, avocado, and herbs. In a spice grinder, grind the coriander seeds to a fine powder.
- ☐ Add the ground coriander to the tomato mixture and toss gently.
- ☐ In a small bowl, whisk together the olive oil, balsamic vinegar, and salt and pepper to taste.
- ☐ Pour over the tomato mixture and toss to coat evenly. Taste and adjust the seasoning before serving.
- ☐ To Drink
- ☐ If you asked a group of sommeliers which white-wine variety they most often recommend to guests in their restaurants, the majority would answer Riesling, one of the world's greatest wine grapes. Rieslings can vary in style, but all are delicate, acidic, and fruity (often tasting of apricot and peach). Look for a California German-style Riesling that is dry, light, and slightly sweet for serving with this salad, such as the Navarro from Anderson Valley or an Esterlina from Mendocino.
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Nutrition Facts



Properties

Glycemic Index:60.92, Glycemic Load:3.53, Inflammation Score:-5, Nutrition Score:7.6943478325139%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Apigenin: 2.16mg, Apigenin: 2.16mg,

Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 200.9kcal (10.05%), Fat: 18.04g (27.75%), Saturated Fat: 2.53g (15.84%), Carbohydrates: 10.25g (3.42%), Net Carbohydrates: 6.34g (2.31%), Sugar: 5.04g (5.6%), Cholesterol: 0mg (0%), Sodium: 8.28mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.58g (3.17%), Vitamin K: 36.32µg (34.59%), Vitamin E: 2.59mg (17.28%), Fiber: 3.91g (15.62%), Vitamin C: 10.72mg (13%), Folate: 48.91µg (12.23%), Potassium: 361.99mg (10.34%), Vitamin B5: 0.88mg (8.82%), Vitamin B6: 0.17mg (8.38%), Vitamin A: 402.81IU (8.06%), Manganese: 0.15mg (7.35%), Copper: 0.15mg (7.33%), Magnesium: 25.64mg (6.41%), Vitamin B2: 0.08mg (4.98%), Vitamin B3: 0.97mg (4.87%), Phosphorus: 42.13mg (4.21%), Vitamin B1: 0.06mg (3.98%), Iron: 0.69mg (3.84%), Zinc: 0.45mg (3.03%), Calcium: 20.27mg (2.03%)