



Tomato, watermelon & feta salad with mint dressing



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



256 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 1 tbsp red wine vinegar
- ☐ 0.3 tsp chilli flakes
- ☐ 2 tbsp mint leaves chopped
- ☐ 4 tomatoes chopped
- ☐ 500 g oz watermelon cut into chunks
- ☐ 200 g pack feta cheese crumbled

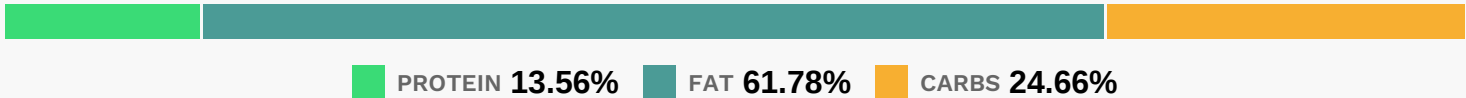
Equipment

☐ bowl

Directions

- ☐ Make the dressing by mixing the oil, vinegar, chilli flakes and mint with some seasoning.
- ☐ Put the tomatoes and watermelon in a bowl.
- ☐ Pour over the dressing and leave to stand for 10 mins to allow the fruit to get really juicy.
Gently stir through the feta, then serve.

Nutrition Facts



Properties

Glycemic Index:34.92, Glycemic Load:8.45, Inflammation Score:-8, Nutrition Score:14.156956470531%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 255.64kcal (12.78%), Fat: 18.21g (28.01%), Saturated Fat: 7.68g (47.97%), Carbohydrates: 16.35g (5.45%), Net Carbohydrates: 14.27g (5.19%), Sugar: 10.99g (12.22%), Cholesterol: 44.5mg (14.83%), Sodium: 580.14mg (25.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.99g (17.99%), Vitamin A: 2017.89IU (40.36%), Vitamin C: 27.25mg (33.03%), Vitamin B2: 0.47mg (27.94%), Calcium: 270.2mg (27.02%), Phosphorus: 213.03mg (21.3%), Vitamin B6: 0.37mg (18.51%), Vitamin K: 15.09µg (14.37%), Vitamin B12: 0.85µg (14.08%), Potassium: 471.02mg (13.46%), Vitamin E: 1.87mg (12.48%), Zinc: 1.79mg (11.93%), Selenium: 8.03µg (11.47%), Vitamin B1: 0.16mg (10.98%), Manganese: 0.22mg (10.75%), Folate: 39.15µg (9.79%), Magnesium: 36.51mg (9.13%), Vitamin B5: 0.87mg (8.73%), Fiber: 2.08g (8.33%), Vitamin B3: 1.48mg (7.38%), Copper: 0.15mg (7.27%), Iron: 1.08mg (5.97%), Vitamin D: 0.2µg (1.33%)