



Tomato Watermelon Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



205 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pinch coarse salt to taste
- ☐ 1 cup feta cheese crumbled
- ☐ 1 pinch ground pepper black to taste
- ☐ 12 mint leaves sliced
- ☐ 0.3 cup olive oil
- ☐ 1 large onion sweet thinly sliced
- ☐ 4 tomatoes cut into 1-inch dice
- ☐ 1 large watermelon seedless cut into 1-inch cubes

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2 tablespoons balsamic vinegar white

Equipment

☐

bowl

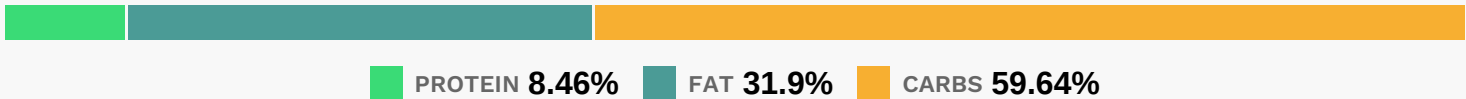
☐

whisk

Directions

- ☐ Gently mix watermelon, tomatoes, mint, onion, and feta cheese in a large bowl.
- ☐ Whisk olive oil, vinegar, salt, and pepper together in small bowl; drizzle over salad and gently toss to coat.

Nutrition Facts



Properties

Glycemic Index:18.47, Glycemic Load:20.8, Inflammation Score:-9, Nutrition Score:11.835217272458%

Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 204.68kcal (10.23%), Fat: 7.86g (12.1%), Saturated Fat: 2.36g (14.73%), Carbohydrates: 33.08g (11.03%), Net Carbohydrates: 30.76g (11.19%), Sugar: 26.11g (29.01%), Cholesterol: 11.13mg (3.71%), Sodium: 154.75mg (6.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.39%), Vitamin A: 2570.83IU (51.42%), Vitamin C: 37.63mg (45.62%), Potassium: 566.58mg (16.19%), Vitamin B6: 0.29mg (14.59%), Magnesium: 48mg (12%), Vitamin B2: 0.2mg (11.78%), Manganese: 0.23mg (11.5%), Vitamin B1: 0.17mg (11.35%), Copper: 0.21mg (10.26%), Phosphorus: 101.91mg (10.19%), Vitamin B5: 1.02mg (10.17%), Calcium: 100.73mg (10.07%), Fiber: 2.32g (9.29%), Vitamin E: 1.09mg (7.23%), Folate: 28.89µg (7.22%), Iron: 1.26mg (7%), Vitamin K: 6.64µg (6.33%), Zinc: 0.85mg (5.69%), Vitamin B3: 1.09mg (5.44%), Selenium: 3.51µg (5.02%), Vitamin B12: 0.21µg (3.52%)