



Tomato-Watermelon Salad with Feta and Toasted Almonds



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



193 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup almonds lightly toasted sliced
- ☐ 1 teaspoon kosher salt ()
- ☐ 5 ounces feta cheese crumbled
- ☐ 3 tablespoons herbs: rosemary fresh assorted chopped (such as dill, basil, and mint)
- ☐ 5 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1.5 tablespoons red wine vinegar
- ☐ 3 pounds tomatoes assorted cored ripe cut into 1 1/4-inch chunks (6 cups) (preferably heirloom)

☐ 6 cups arugula fresh

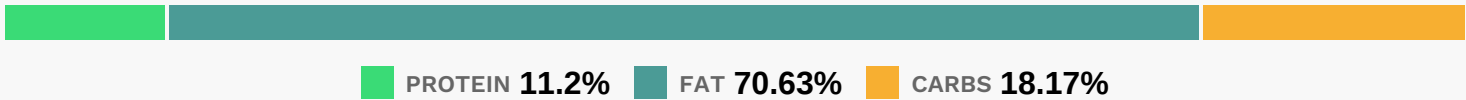
Equipment

☐ bowl

Directions

- ☐ Combine melon and tomatoes in large bowl.
- ☐ Sprinkle with 1 teaspoon fleur de sel and toss to blend; let stand 15 minutes.
- ☐ Add 4 tablespoons oil, vinegar, and herbs to melon mixture. Season to taste with pepper and more salt, if desired.
- ☐ Toss arugula in medium bowl with remaining 1 tablespoon oil. Divide arugula among plates. Top with melon salad; sprinkle with feta cheese and toasted almonds and serve.

Nutrition Facts



Properties

Glycemic Index:17.38, Glycemic Load:2.09, Inflammation Score:-9, Nutrition Score:14.420434649872%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg, Naringenin: 1.18mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg, Kaempferol: 5.43mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg, Quercetin: 2.2mg

Nutrients (% of daily need)

Calories: 193.04kcal (9.65%), Fat: 15.88g (24.43%), Saturated Fat: 3.85g (24.03%), Carbohydrates: 9.2g (3.07%), Net Carbohydrates: 6.15g (2.24%), Sugar: 5.04g (5.6%), Cholesterol: 15.77mg (5.26%), Sodium: 506.53mg (22.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.33%), Vitamin K: 59.97µg (57.12%), Vitamin A: 1974.05IU (39.48%), Vitamin C: 27.56mg (33.41%), Vitamin E: 3.76mg (25.05%), Manganese: 0.38mg (19.14%),

Vitamin B2: 0.26mg (15.4%), Potassium: 521.17mg (14.89%), Calcium: 146.34mg (14.63%), Phosphorus: 137.09mg (13.71%), Folate: 50.54µg (12.64%), Fiber: 3.05g (12.2%), Vitamin B6: 0.23mg (11.57%), Magnesium: 45.52mg (11.38%), Copper: 0.18mg (8.97%), Vitamin B1: 0.11mg (7.33%), Vitamin B3: 1.46mg (7.3%), Zinc: 1.07mg (7.11%), Iron: 1.16mg (6.47%), Vitamin B12: 0.3µg (4.99%), Vitamin B5: 0.42mg (4.21%), Selenium: 2.94µg (4.2%)