



## Watercress, Melon and Almond Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



236 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.3 cup almonds toasted sliced
- 2.5 cups cantaloupe cubed
- 1 teaspoon ginger root fresh minced
- 3 tablespoons juice of lime fresh
- 2 bunches watercress trimmed chopped
- 0.3 cup vegetable oil
- 2.5 cups watermelon cubed
- 1 teaspoon sugar white

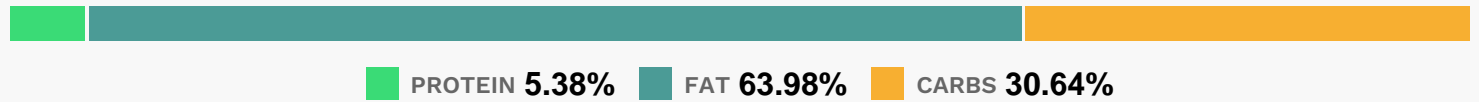
# Equipment

- bowl
- whisk

# Directions

- In a large bowl, whisk together lime juice, sugar, and ginger. Gradually add oil and season with salt and pepper to taste.
- Add watercress, watermelon, and cantaloupe to dressing and toss to coat.
- Transfer salad to plates, sprinkle with sliced almonds and serve immediately.

# Nutrition Facts



# Properties

Glycemic Index:67.31, Glycemic Load:10.85, Inflammation Score:-10, Nutrition Score:13.882608693579%

# Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 3.41mg, Kaempferol: 3.41mg, Kaempferol: 3.41mg, Kaempferol: 3.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg, Quercetin: 3.84mg

# Nutrients (% of daily need)

Calories: 235.77kcal (11.79%), Fat: 17.8g (27.39%), Saturated Fat: 2.44g (15.25%), Carbohydrates: 19.18g (6.39%), Net Carbohydrates: 16.93g (6.15%), Sugar: 15.33g (17.03%), Cholesterol: 0mg (0%), Sodium: 36.45mg (1.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.37g (6.74%), Vitamin A: 4327.13IU (86.54%), Vitamin K: 59.17µg (56.35%), Vitamin C: 27.37mg (33.18%), Vitamin E: 3.33mg (22.17%), Manganese: 0.29mg (14.3%), Magnesium: 46.94mg (11.73%), Copper: 0.22mg (10.89%), Potassium: 376.1mg (10.75%), Fiber: 2.26g (9.02%), Vitamin B2: 0.15mg (8.91%), Phosphorus: 73.57mg (7.36%), Vitamin B1: 0.11mg (7.35%), Vitamin B3: 1.19mg (5.93%), Vitamin B6: 0.11mg (5.72%), Folate: 22.53µg (5.63%), Zinc: 0.8mg (5.33%), Calcium: 52.94mg (5.29%), Iron: 0.93mg (5.19%),

Vitamin B5: 0.4mg (4.05%), Selenium: 2.53µg (3.61%)