



Watermelon and Arugula Salad

 **Gluten Free**

READY IN

ready

15 min.

SERVINGS

servings

6

CALORIES

calories

312 kcal

- SIDE DISH
- LUNCH
- MAIN COURSE
- MAIN DISH

Ingredients

- ☐ 0.5 pound baby arugula leaves
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 teaspoon kosher salt
- ☐ 0.3 cup juice of lemon freshly squeezed 2 lemons
- ☐ 0.3 cup olive oil good
- ☐ 0.5 pound parmesan cheese chunk
- ☐ 2 pounds watermelon seedless with the rind

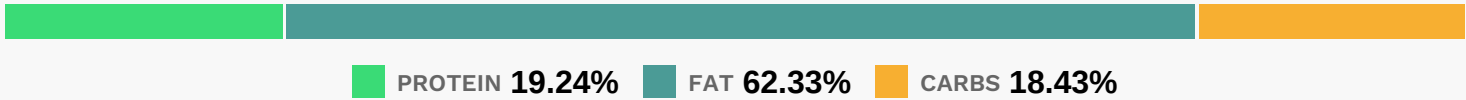
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ peeler

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the arugula and watermelon in a large bowl. In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper.
- ☐ Pour enough dressing on the arugula to moisten. Toss well and place on 6 salad plates.
- ☐ With a very sharp knife or a vegetable peeler, shave the Parmesan into large shards and sprinkle them on the arugula and watermelon.
- ☐ Sprinkle with salt and serve.

Nutrition Facts



Properties

Glycemic Index:27.61, Glycemic Load:8.67, Inflammation Score:-9, Nutrition Score:14.665652109229%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg, Isorhamnetin: 1.63mg Kaempferol: 13.87mg, Kaempferol: 13.87mg, Kaempferol: 13.87mg, Kaempferol: 13.87mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 311.72kcal (15.59%), Fat: 22.27g (34.26%), Saturated Fat: 7.92g (49.51%), Carbohydrates: 14.82g (4.94%), Net Carbohydrates: 13.54g (4.92%), Sugar: 10.71g (11.9%), Cholesterol: 25.7mg (8.57%), Sodium: 1005.22mg (43.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.46g (30.93%), Calcium: 520.32mg (52.03%), Vitamin K: 49.49µg (47.14%), Vitamin A: 2054.03IU (41.08%), Phosphorus: 299.69mg (29.97%), Vitamin C: 21.85mg (26.49%), Vitamin E: 2.07mg (13.78%), Selenium: 9.24µg (13.2%), Magnesium: 50.42mg (12.61%), Folate: 45.91µg (11.48%), Vitamin B2: 0.19mg (11.27%), Manganese: 0.21mg (10.49%), Potassium: 356.48mg (10.19%), Zinc: 1.38mg

(9.18%), Vitamin B12: 0.45µg (7.56%), Iron: 1.32mg (7.33%), Vitamin B5: 0.69mg (6.86%), Vitamin B6: 0.14mg (6.76%), Vitamin B1: 0.08mg (5.59%), Copper: 0.11mg (5.42%), Fiber: 1.28g (5.13%), Vitamin B3: 0.5mg (2.49%), Vitamin D: 0.19µg (1.26%)