



Watermelon and Cantaloupe Salad with Mint Vinaigrette

 Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



538 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.1 teaspoon amaretto
- 2 cups cantaloupe balls
- 1 bunch mint leaves fresh chopped
- 0.3 cup juice of lemon
- 1 cup sugar
- 0.5 cup water
- 2 cups watermelon balls

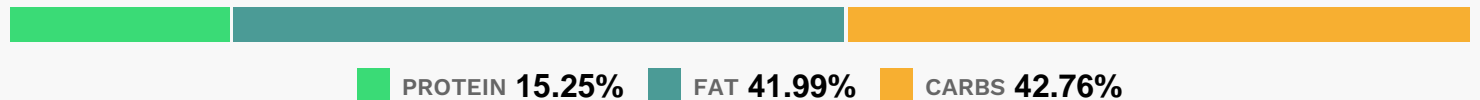
Equipment

- bowl
- frying pan
- sauce pan
- blender

Directions

- Watch how to make this recipe.
- In a blender, combine mint, lemon juice, simple syrup, and amaretto. Blend until smooth.
- In a large bowl, combine the watermelon and the cantaloupe.
- Add the vinaigrette and toss.
- Transfer to a serving bowl and serve.
- In a saucepan, combine water and sugar over medium heat. Bring to a boil, then reduce heat and simmer for 5 minutes, until the sugar has dissolved. Take pan off heat and cool the syrup. Any extra cooled syrup can be saved in an airtight container in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:34.4, Glycemic Load:39.3, Inflammation Score:-9, Nutrition Score:16.535217261833%

Flavonoids

Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg Hesperetin: 2.31mg, Hesperetin: 2.31mg, Hesperetin: 2.31mg, Hesperetin: 2.31mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 538.24kcal (26.91%), Fat: 25.43g (39.13%), Saturated Fat: 9.36g (58.52%), Carbohydrates: 58.27g (19.42%), Net Carbohydrates: 57.44g (20.89%), Sugar: 57.31g (63.68%), Cholesterol: 85.17mg (28.39%), Sodium:

95.25mg (4.14%), Alcohol: 0.04g (100%), Alcohol %: 0.02% (100%), Protein: 20.78g (41.57%), Vitamin B1: 0.91mg (60.92%), Vitamin A: 3044.75IU (60.89%), Selenium: 30.92µg (44.17%), Vitamin B3: 5.78mg (28.88%), Vitamin B6: 0.5mg (24.84%), Phosphorus: 224.02mg (22.4%), Vitamin C: 16.69mg (20.24%), Zinc: 3.02mg (20.12%), Vitamin B2: 0.32mg (18.61%), Potassium: 500.89mg (14.31%), Vitamin B12: 0.83µg (13.8%), Vitamin B5: 0.91mg (9.06%), Magnesium: 36mg (9%), Iron: 1.47mg (8.14%), Copper: 0.14mg (7.12%), Folate: 22.49µg (5.62%), Fiber: 0.83g (3.34%), Manganese: 0.06mg (3.19%), Calcium: 29.26mg (2.93%), Vitamin K: 2.39µg (2.28%)