



Watermelon and Cucumber Mint Tsatsiki Salad



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



112 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 medium cucumbers divided (1 pound total)
- ☐ 1 small garlic clove
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.7 cup mint leaves divided chopped
- ☐ 1.5 cups yogurt plain greek-style
- ☐ 6 servings flaky sea salt such as maldon
- ☐ 3 pounds watermelon cut into 1-inch chunks (6 cups)

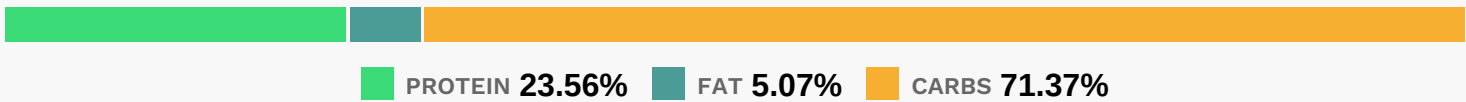
Equipment

☐ bowl

Directions

- ☐ Mince and mash garlic to a paste with a pinch of salt and transfer to a bowl.
- ☐ Peel 1 cucumber, then halve lengthwise and seed. Coarsely grate into bowl with garlic paste. Stir in yogurt, 1/3 cup mint, and 3/4 teaspoon salt to make tsatsiki.
- ☐ Peel remaining cucumber and halve lengthwise.
- ☐ Cut crosswise into 1/3-inch-thick slices.
- ☐ Toss sliced cucumber with watermelon, remaining 1/3 cup mint, and lime juice in a large bowl.
- ☐ Serve fruit with tsatsiki.
- ☐ Sprinkle with sea salt to taste.
- ☐ Tsatsiki can be made 3 hours ahead and chilled.

Nutrition Facts



Properties

Glycemic Index:19.94, Glycemic Load:12.3, Inflammation Score:-8, Nutrition Score:9.0373912686887%

Flavonoids

Eriodictyol: 1.66mg, Eriodictyol: 1.66mg, Eriodictyol: 1.66mg, Eriodictyol: 1.66mg Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg, Luteolin: 1.68mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 112.07kcal (5.6%), Fat: 0.69g (1.05%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 21.72g (7.24%), Net Carbohydrates: 19.91g (7.24%), Sugar: 16.71g (18.57%), Cholesterol: 2.5mg (0.83%), Sodium: 217.13mg (9.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.17g (14.34%), Vitamin A: 1555.66IU (31.11%), Vitamin C: 23.76mg (28.8%), Vitamin B2: 0.22mg (12.91%), Potassium: 451.98mg (12.91%), Phosphorus: 112.13mg (11.21%), Manganese: 0.21mg (10.41%), Magnesium: 40.75mg (10.19%), Calcium: 94.63mg (9.46%), Vitamin B6: 0.18mg (9.14%), Selenium: 6µg (8.57%), Copper: 0.17mg (8.54%), Vitamin B5: 0.85mg (8.54%), Vitamin B1: 0.11mg (7.53%), Fiber: 1.81g (7.23%), Folate: 25.9µg (6.47%), Vitamin B12: 0.35µg (5.83%), Iron: 1mg (5.53%), Vitamin K: 5.09µg (4.85%), Zinc: 0.67mg

(4.48%), Vitamin B3: 0.63mg (3.15%)