



Watermelon and Feta Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



130 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cucumber english seeded chopped
- ☐ 4 ounces feta cheese
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 0.5 cup olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 cup red wine vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 onion sweet chopped

☐ 8 cups watermelon diced seedless

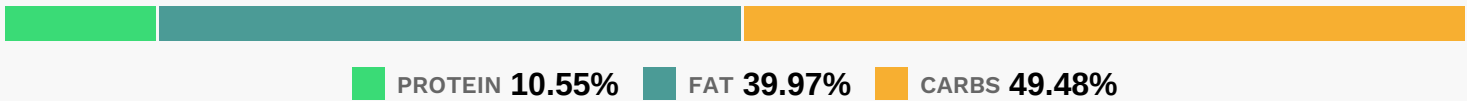
Equipment

☐ whisk

Directions

☐ Whisk 1/2 cup olive oil, 1/4 cup red wine vinegar, 1/2 tsp. each salt and pepper and 3 Tbsp. chopped fresh mint. Toss with 8 cups diced seedless watermelon, 1 chopped sweet onion and 1 chopped, seeded English cucumber. Crumble 4 oz. feta on top.

Nutrition Facts



Properties

Glycemic Index:16.71, Glycemic Load:8.28, Inflammation Score:-7, Nutrition Score:7.2295651487682%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg, Kaempferol: 1.2mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg, Quercetin: 6.02mg

Nutrients (% of daily need)

Calories: 130.36kcal (6.52%), Fat: 6.07g (9.34%), Saturated Fat: 2.3g (14.39%), Carbohydrates: 16.91g (5.64%), Net Carbohydrates: 15.56g (5.66%), Sugar: 12.13g (13.48%), Cholesterol: 12.62mg (4.21%), Sodium: 314.37mg (13.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.21%), Vitamin A: 1044.82IU (20.9%), Vitamin C: 16.02mg (19.42%), Vitamin B2: 0.18mg (10.44%), Calcium: 100.92mg (10.09%), Vitamin B6: 0.2mg (10%), Phosphorus: 87.42mg (8.74%), Potassium: 301.6mg (8.62%), Manganese: 0.17mg (8.4%), Vitamin K: 8.51µg (8.11%), Magnesium: 28.81mg (7.2%), Vitamin B1: 0.1mg (6.72%), Vitamin B5: 0.62mg (6.19%), Folate: 23.4µg (5.85%), Copper: 0.12mg (5.82%), Fiber: 1.35g (5.4%), Iron: 0.86mg (4.78%), Zinc: 0.72mg (4.77%), Selenium: 3.06µg (4.37%), Vitamin B12: 0.24µg (3.99%), Vitamin E: 0.51mg (3.41%), Vitamin B3: 0.54mg (2.68%)