



Watermelon and Feta with Lime and Serrano Chili Peppers



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



73 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup cilantro leaves
- ☐ 0.5 cup feta low-fat crumbled
- ☐ 1 juice of lime
- ☐ 2 serrano chiles minced seeded
- ☐ 3 pounds seeded/seedless watermelon seedless cut into large dice (6 cups)

Equipment

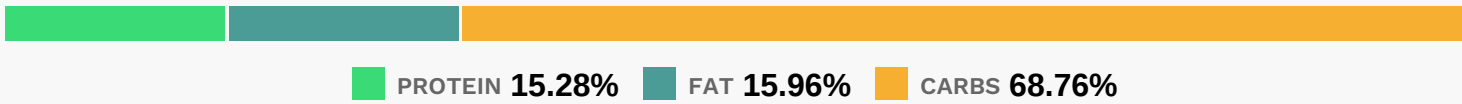
- ☐ bowl

☐ mixing bowl

Directions

- ☐ Place the watermelon in a large mixing bowl.
- ☐ Add the minced serrano chili pepper and lime juice to the bowl and toss gently until combined.
- ☐ Sprinkle with the feta and cilantro leaves and toss once more to incorporate. Refrigerate until ready to serve.
- ☐ Art Smith's Healthy Comfort
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- ☐ Collins Publishers

Nutrition Facts



Properties

Glycemic Index:13.33, Glycemic Load:9.08, Inflammation Score:-6, Nutrition Score:3.8243478795756%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 72.65kcal (3.63%), Fat: 1.44g (2.21%), Saturated Fat: 0.7g (4.36%), Carbohydrates: 13.95g (4.65%), Net Carbohydrates: 13.18g (4.79%), Sugar: 11.01g (12.23%), Cholesterol: 5.02mg (1.67%), Sodium: 85.86mg (3.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.2%), Vitamin A: 1017.52IU (20.35%), Vitamin C: 15.71mg (19.04%), Potassium: 202.08mg (5.77%), Magnesium: 17.77mg (4.44%), Vitamin B6: 0.09mg (4.31%), Vitamin B1: 0.06mg (3.88%), Vitamin B5: 0.39mg (3.86%), Copper: 0.08mg (3.78%), Manganese: 0.07mg (3.51%), Fiber: 0.76g (3.06%), Iron: 0.43mg (2.41%), Vitamin B2: 0.04mg (2.25%), Phosphorus: 20.08mg (2.01%), Vitamin K: 1.92µg (1.83%), Vitamin B3: 0.34mg (1.68%), Folate: 6.13µg (1.53%), Calcium: 12.93mg (1.29%), Zinc: 0.18mg (1.2%)