



Watermelon and Sesame Seed Salad

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



6

CALORIES



123 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounce water chestnuts halved drained canned
- ☐ 0.5 bunch garlic chives finely chopped
- ☐ 1 dash fish sauce
- ☐ 0.5 bunch cilantro leaves fresh chopped
- ☐ 0.3 cup raspberry vinegar
- ☐ 1 teaspoon salt
- ☐ 1 teaspoon sesame oil
- ☐ 1.8 ounces sesame seed

- ☐ 1 pound watermelon seeded cut into chunks
- ☐ 2 tablespoons sugar white

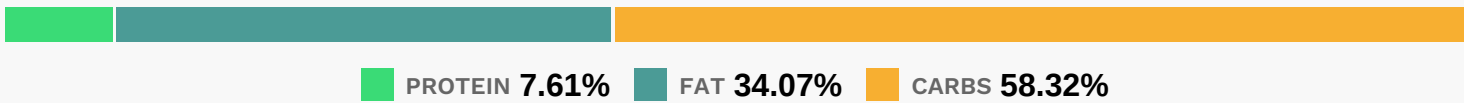
Equipment

- ☐ bowl
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Combine the watermelon, water chestnuts, sesame seeds, salt, garlic chives, and cilantro in a large mixing bowl.
- ☐ Whisk the raspberry vinegar, white sugar, sesame oil, and fish sauce together in a small bowl; pour over the watermelon salad mixture and gently toss to coat evenly. Chill in refrigerator 1 hour to serve chilled.

Nutrition Facts



Properties

Glycemic Index:49.46, Glycemic Load:7.21, Inflammation Score:-5, Nutrition Score:6.82000005804%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 123.24kcal (6.16%), Fat: 4.94g (7.6%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 19.03g (6.34%), Net Carbohydrates: 16.25g (5.91%), Sugar: 10.21g (11.35%), Cholesterol: 0mg (0%), Sodium: 407.72mg (17.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Copper: 0.43mg (21.59%), Manganese: 0.32mg (16.17%), Fiber: 2.78g (11.12%), Iron: 1.94mg (10.79%), Magnesium: 40.72mg (10.18%), Vitamin A: 490.42IU (9.81%), Vitamin B6: 0.2mg (9.76%), Calcium: 89.98mg (9%), Vitamin C: 7.25mg (8.79%), Phosphorus: 72.99mg (7.3%), Vitamin B1: 0.1mg (6.5%), Zinc: 0.95mg (6.34%), Potassium: 205.29mg (5.87%), Selenium: 3.62µg (5.17%), Vitamin B3: 0.73mg (3.67%), Folate: 14.54µg (3.63%), Vitamin B2: 0.05mg (3.12%), Vitamin K: 3.06µg (2.91%), Vitamin B5: 0.26mg (2.6%), Vitamin E: 0.38mg (2.53%)