



Watermelon and Tomato Salad

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



2

CALORIES



323 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 6 large basil leaves thinly sliced
- 1 pint cherry tomatoes halved
- 0.5 cup feta cheese crumbled
- 1 teaspoon lemon zest
- 2 tablespoons olive oil extra-virgin
- 2 servings salt and pepper to taste
- 2 cups watermelon cubed seeded
- 1.5 tablespoons balsamic vinegar white

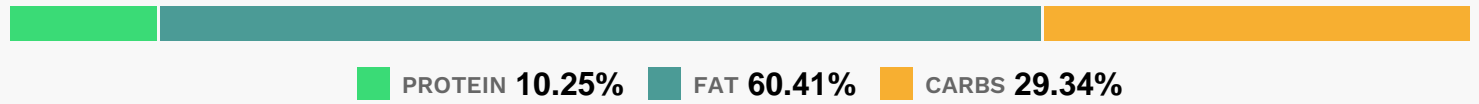
Equipment

mixing bowl

Directions

- Place the tomatoes and watermelon into a mixing bowl.
- Sprinkle with the basil, feta cheese, and lemon zest.
- Drizzle with the olive oil and balsamic vinegar. Toss gently. Season to taste with salt and pepper before serving.

Nutrition Facts



Properties

Glycemic Index:110.83, Glycemic Load:9.54, Inflammation Score:-9, Nutrition Score:18.34956509134%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 322.63kcal (16.13%), Fat: 22.56g (34.71%), Saturated Fat: 6.98g (43.63%), Carbohydrates: 24.65g (8.22%), Net Carbohydrates: 22.26g (8.1%), Sugar: 17.15g (19.06%), Cholesterol: 33.38mg (11.13%), Sodium: 651.98mg (28.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.61g (17.22%), Vitamin C: 67.76mg (82.13%), Vitamin A: 2243.85IU (44.88%), Vitamin B2: 0.4mg (23.66%), Vitamin E: 3.5mg (23.31%), Calcium: 228.5mg (22.85%), Phosphorus: 212.41mg (21.24%), Vitamin B6: 0.42mg (20.89%), Potassium: 728.01mg (20.8%), Vitamin K: 20.86µg (19.87%), Manganese: 0.35mg (17.33%), Iron: 2.43mg (13.5%), Copper: 0.26mg (13.1%), Vitamin B1: 0.19mg (12.94%), Folate: 48.26µg (12.07%), Magnesium: 45.98mg (11.5%), Selenium: 7.43µg (10.61%), Zinc: 1.59mg (10.57%), Vitamin B12: 0.63µg (10.56%), Vitamin B5: 1.01mg (10.09%), Vitamin B3: 1.92mg (9.58%), Fiber: 2.39g (9.56%)