



Watermelon and Tomato Skewers

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



3

CALORIES



849 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 inch seeded/seedless watermelon seedless
- 6 cherry tomatoes halved
- 12 small basil fresh
- 1 serving balsamic vinegar
- 1 serving olive oil extra virgin
- 1 serving sea salt
- 12 medium andouille

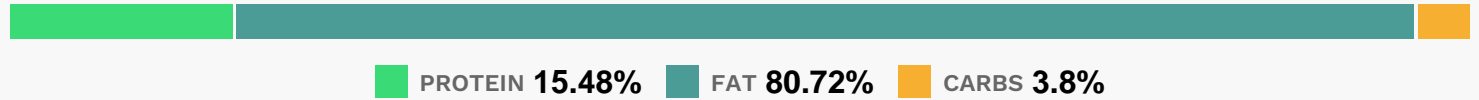
Equipment

skewers

Directions

- For each skewer, start with 1 tomato half, add 1 basil leaf and 1 cube of watermelon.
- Drizzle with a little bit of balsamic vinegar and olive oil; sprinkle with sea salt.
- Serve immediately or refrigerate until ready to serve.

Nutrition Facts



Properties

Glycemic Index:64.89, Glycemic Load:0.74, Inflammation Score:-3, Nutrition Score:19.825652252073%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 848.6kcal (42.43%), Fat: 74.84g (115.14%), Saturated Fat: 24.96g (155.98%), Carbohydrates: 7.92g (2.64%), Net Carbohydrates: 7.64g (2.78%), Sugar: 1.96g (2.18%), Cholesterol: 187.44mg (62.48%), Sodium: 2308.49mg (100.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.3g (64.59%), Vitamin B12: 3.99µg (66.44%), Selenium: 34.78µg (49.68%), Vitamin B1: 0.7mg (46.72%), Vitamin B3: 8.72mg (43.62%), Zinc: 5.64mg (37.6%), Phosphorus: 294.47mg (29.45%), Vitamin B2: 0.46mg (26.97%), Vitamin B6: 0.48mg (24.02%), Vitamin D: 2.9µg (19.36%), Potassium: 589.52mg (16.84%), Iron: 3mg (16.66%), Vitamin B5: 1.22mg (12.2%), Vitamin C: 8.45mg (10.24%), Vitamin K: 10.41µg (9.91%), Copper: 0.19mg (9.68%), Magnesium: 36.91mg (9.23%), Manganese: 0.16mg (8.04%), Vitamin E: 0.88mg (5.85%), Vitamin A: 279.57IU (5.59%), Folate: 16.22µg (4.06%), Calcium: 26.93mg (2.69%), Fiber: 0.28g (1.14%)