



Watermelon, Feta And Mint Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



270 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tbsp clear honey
- 0.5 cucumber washed
- 1 head curly leaf lettuce
- 1 package feta cheese sliced
- 3 tbsp mint leaves fresh chopped
- 0.5 optional: lemon
- 4 tbsp olive oil
- 6 servings bell pepper

- 6 servings bell pepper
- 6 servings salt
- 1 pound watermelon ripe

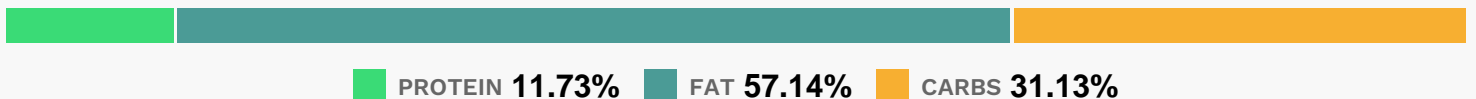
Equipment

- bowl
- whisk
- peeler

Directions

- Cut the watermelon into big wedges, then cut the flesh away from the skin. Slice the flesh into bite sized pieces.
- Cut the cucumber in half then half lengthways too. Use a potato peeler to slice ribbons off the cucumber. Arrange the lettuce leaves in a large bowl, top with the watermelon, cucumber, feta and mint. Finally place all the dressing ingredients together (juice of 1/2 lemon, olive oil, honey) in a small bowl and whisk together with a fork. Season to taste.
- Drizzle the dressing over the salad and serve.

Nutrition Facts



Properties

Glycemic Index:43.07, Glycemic Load:8.01, Inflammation Score:-10, Nutrition Score:26.143913043478%

Flavonoids

Eriodictyol: 2.17mg, Eriodictyol: 2.17mg, Eriodictyol: 2.17mg, Eriodictyol: 2.17mg Hesperetin: 2.59mg, Hesperetin: 2.59mg, Hesperetin: 2.59mg, Hesperetin: 2.59mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg, Luteolin: 1.7mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg, Quercetin: 2.94mg

Taste

Sweetness: 100%, Saltiness: 27.15%, Sourness: 53.6%, Bitterness: 37.27%, Savoriness: 21.08%, Fattiness: 74.91%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 269.55kcal (13.48%), Fat: 18.16g (27.93%), Saturated Fat: 6.42g (40.12%), Carbohydrates: 22.26g (7.42%), Net Carbohydrates: 17.55g (6.38%), Sugar: 14.86g (16.51%), Cholesterol: 33.52mg (11.17%), Sodium: 647.96mg (28.17%), Protein: 8.39g (16.78%), Vitamin C: 208.21mg (252.37%), Vitamin A: 9751.26IU (195.03%), Vitamin K: 91.07µg (86.74%), Vitamin B6: 0.7mg (35.16%), Vitamin B2: 0.52mg (30.58%), Folate: 111.13µg (27.78%), Vitamin E: 3.96mg (26.38%), Calcium: 231.23mg (23.12%), Phosphorus: 198.81mg (19.88%), Manganese: 0.39mg (19.49%), Fiber: 4.71g (18.84%), Potassium: 591.74mg (16.91%), Vitamin B1: 0.22mg (14.49%), Vitamin B5: 1.17mg (11.66%), Zinc: 1.71mg (11.37%), Magnesium: 44.83mg (11.21%), Vitamin B3: 2.23mg (11.14%), Vitamin B12: 0.64µg (10.61%), Iron: 1.8mg (10.01%), Selenium: 6.55µg (9.36%), Copper: 0.11mg (5.58%)