



Watermelon & feta salad with crispbread

READY IN



120 min.

SERVINGS



6

CALORIES



259 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 kg watermelon peeled deseeded cut into chunks
- ☐ 200 g feta cheese cubed
- ☐ 1 large handful olives black
- ☐ 1 handful parsley roughly chopped
- ☐ 1 onion red finely sliced into rings
- ☐ 6 servings balsamic vinegar
- ☐ 0.5 just-add-water cornbread mix white
- ☐ 1 tbsp olive oil for drizzling plus a little extra
- ☐ 1 egg whites beaten

☐ 6 servings sesame seed for scattering

Equipment

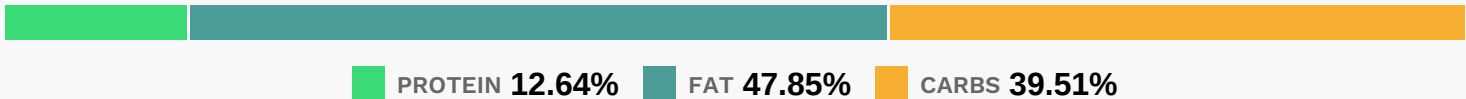
☐ bowl

☐ oven

Directions

- ☐ Make up the bread according to pack instructions with 1 tbsp olive oil. Leave to rise in a warm place for about 1 hr until doubled in size.
- ☐ Heat oven to 220C/200C fan/gas
- ☐ Knock the bread back and divide into 6 pieces. On a floured surface, roll the breads out as thinly as possible, then transfer to baking trays.
- ☐ Brush with the egg white and scatter with the mixed seeds.
- ☐ Bake for about 15 mins until crisp and brown; if they puff up, even better. You may need to do this in batches. The breads can be made the previous day and kept in an airtight container.
- ☐ In a large serving bowl, lightly toss the melon with the feta and olives. Scatter over the herbs and onion rings, then serve with the olive oil and balsamic for drizzling over.
- ☐ Serve the pile of crispbreads on the side for breaking up and using to scoop the salad.

Nutrition Facts



Properties

Glycemic Index:40.94, Glycemic Load:15.77, Inflammation Score:-8, Nutrition Score:14.219565085743%

Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg, Luteolin: 1.18mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 259.23kcal (12.96%), Fat: 14.4g (22.16%), Saturated Fat: 5.43g (33.94%), Carbohydrates: 26.75g (8.92%), Net Carbohydrates: 24.35g (8.86%), Sugar: 18.77g (20.85%), Cholesterol: 29.67mg (9.89%), Sodium: 449.19mg (19.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.12%), Vitamin A: 1633.61IU (32.67%), Vitamin C: 22.49mg (27.26%), Calcium: 271.44mg (27.14%), Copper: 0.46mg (22.99%), Vitamin B2: 0.38mg (22.45%), Phosphorus: 200.19mg (20.02%), Manganese: 0.35mg (17.38%), Vitamin B6: 0.34mg (17.05%), Magnesium: 64.44mg (16.11%), Selenium: 9.88µg (14.11%), Vitamin B1: 0.21mg (13.83%), Vitamin K: 13.31µg (12.68%), Zinc: 1.88mg (12.56%), Iron: 2.21mg (12.28%), Potassium: 396.15mg (11.32%), Fiber: 2.39g (9.57%), Vitamin B12: 0.57µg (9.47%), Vitamin B5: 0.91mg (9.15%), Folate: 30.8µg (7.7%), Vitamin B3: 1.18mg (5.91%), Vitamin E: 0.68mg (4.51%)