



Watermelon Fruit Salad

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



46 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

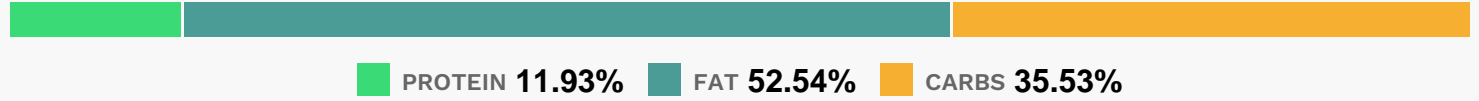
- 2 Tbsp balsamic vinaigrette dressing kraft
- 1 cup cucumbers chopped
- 0.5 cup athenos feta cheese crumbled traditional
- 2 Tbsp mint leaves fresh chopped
- 3 cups watermelon coarsely chopped

Equipment

Directions

Combine ingredients.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:2.54, Inflammation Score:-3, Nutrition Score:2.1821739071089%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg

Nutrients (% of daily need)

Calories: 46.38kcal (2.32%), Fat: 2.81g (4.32%), Saturated Fat: 1.11g (6.92%), Carbohydrates: 4.27g (1.42%), Net Carbohydrates: 3.97g (1.44%), Sugar: 3.11g (3.46%), Cholesterol: 6.68mg (2.22%), Sodium: 113.32mg (4.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.43g (2.87%), Vitamin A: 314.28IU (6.29%), Vitamin C: 4.22mg (5.12%), Vitamin B2: 0.08mg (4.53%), Calcium: 43.11mg (4.31%), Phosphorus: 33.32mg (3.33%), Vitamin B6: 0.06mg (2.98%), Potassium: 75.63mg (2.16%), Vitamin B12: 0.13µg (2.11%), Vitamin B1: 0.03mg (2.07%), Vitamin B5: 0.21mg (2.06%), Magnesium: 7.84mg (1.96%), Zinc: 0.29mg (1.92%), Selenium: 1.32µg (1.89%), Manganese: 0.03mg (1.65%), Copper: 0.03mg (1.6%), Folate: 5.99µg (1.5%), Fiber: 0.3g (1.2%), Iron: 0.2mg (1.13%), Vitamin K: 1.14µg (1.08%)