



Watermelon, Green Onion, and Mint Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



127 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons champagne vinegar
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 1 cup green onions chopped
- ☐ 1.5 tablespoons jalapeño chiles deveined seeded finely chopped
- ☐ 0.3 cup olive oil
- ☐ 3 tablespoons parsley fresh italian chopped
- ☐ 5 cups cubes watermelon seeded

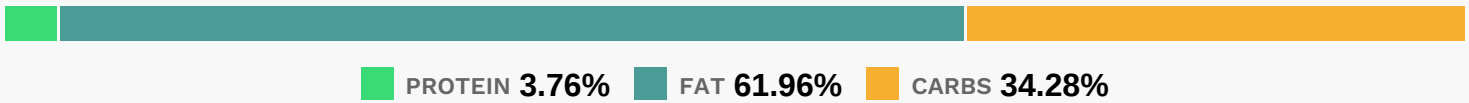
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Combine watermelon, green onions, mint, parsley, and chiles in large bowl.
- ☐ Whisk oil and vinegar in small bowl to blend.
- ☐ Pour dressing over watermelon mixture; toss to coat. Season salad generously with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:28.44, Glycemic Load:7.08, Inflammation Score:-7, Nutrition Score:8.333913129309%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 4.45mg, Apigenin: 4.45mg, Apigenin: 4.45mg, Apigenin: 4.45mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 127.4kcal (6.37%), Fat: 9.27g (14.27%), Saturated Fat: 1.28g (8%), Carbohydrates: 11.54g (3.85%), Net Carbohydrates: 10.23g (3.72%), Sugar: 8.41g (9.35%), Cholesterol: 0mg (0%), Sodium: 6.52mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.27g (2.53%), Vitamin K: 73.54µg (70.04%), Vitamin C: 21.32mg (25.84%), Vitamin A: 1202.01IU (24.04%), Vitamin E: 1.6mg (10.67%), Potassium: 224.51mg (6.41%), Manganese: 0.11mg (5.67%), Folate: 21.37µg (5.34%), Fiber: 1.31g (5.24%), Magnesium: 19.76mg (4.94%), Iron: 0.88mg (4.91%), Vitamin B6: 0.09mg (4.4%), Copper: 0.08mg (4.02%), Vitamin B1: 0.06mg (3.75%), Vitamin B5: 0.32mg (3.21%), Calcium: 30.54mg (3.05%), Vitamin B2: 0.05mg (3.01%), Phosphorus: 24.46mg (2.45%), Vitamin B3: 0.43mg (2.15%), Zinc: 0.25mg (1.65%)