



WHATSheATE



Watermelon, Heirloom Tomato, and Feta Salad



Vegetarian



Gluten Free

READY IN



13 min.

SERVINGS



6

CALORIES



129 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.5 cup feta cheese crumbled



2 tablespoons herbs mixed fresh chopped



4 heirloom tomatoes cut into chunks



0.5 teaspoon kosher salt



1 tablespoon juice of lemon fresh



3 tablespoons olive oil extra-virgin



0.3 cup onion red vertically sliced



1 cup watermelon red seedless cubed (1-inch)

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1 cup watermelon yellow cubed seeded (1-inch)

Equipment

☐

bowl

☐

whisk

Directions

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Whisk together first 4 ingredients in a large bowl.

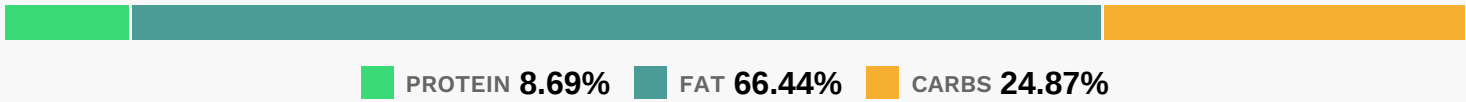
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Add tomato, watermelon, and onion; toss to coat.

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Sprinkle with cheese; toss gently.

Nutrition Facts



Properties

Glycemic Index:45.56, Glycemic Load:3.82, Inflammation Score:-7, Nutrition Score:7.6504347363244%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

Nutrients (% of daily need)

Calories: 128.66kcal (6.43%), Fat: 9.95g (15.31%), Saturated Fat: 2.67g (16.66%), Carbohydrates: 8.38g (2.79%), Net Carbohydrates: 7.03g (2.56%), Sugar: 5.65g (6.28%), Cholesterol: 11.13mg (3.71%), Sodium: 342.08mg (14.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.93g (5.85%), Vitamin K: 32.86µg (31.3%), Vitamin A: 1136.71IU (22.73%), Vitamin C: 18.57mg (22.51%), Vitamin E: 1.51mg (10.09%), Potassium: 278.64mg (7.96%), Vitamin B2: 0.14mg (7.95%), Calcium: 77.08mg (7.71%), Vitamin B6: 0.15mg (7.59%), Phosphorus: 70.29mg (7.03%), Manganese: 0.13mg (6.39%), Fiber: 1.35g (5.41%), Folate: 21.61µg (5.4%), Vitamin B1: 0.07mg (4.74%), Magnesium: 17.95mg (4.49%), Copper: 0.08mg (3.94%), Zinc: 0.58mg (3.85%), Vitamin B3: 0.73mg (3.64%), Vitamin B12: 0.21µg (3.52%), Vitamin B5: 0.32mg (3.23%), Iron: 0.56mg (3.13%), Selenium: 2.12µg (3.02%)