



Watermelon & herb salad with grilled halloumi

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



319 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 small bunch watermelon or any other ripe melon)
- ☐ 1 small bunch flat parsley
- ☐ 240 g halloumi cheese cut into 8 slices
- ☐ 1 lemon zest
- ☐ 4 tbsp olive oil

Equipment

- ☐ bowl
- ☐ frying pan

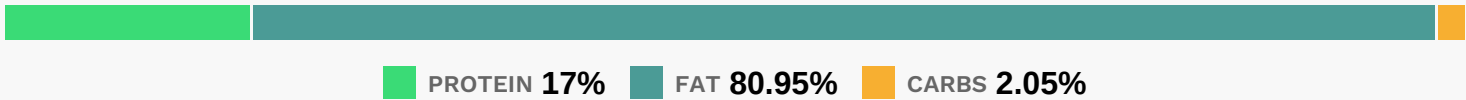
☐

whisk

Directions

- ☐ Halve the watermelon lengthways. Slice into eighths, cut away the skin and pith and then slice into 1cm thick slices to make small triangles.
- ☐ Place the melon in a large bowl and add all the herbs.
- ☐ Heat a griddle pan until very hot and griddle the halloumi slices for 30 secs on each side until well browned. Cool for a few moments before adding to the salad.
- ☐ Whisk the lemon juice and olive oil together and season to taste.
- ☐ Pour the dressing over the salad ingredients and toss gently to combine.
- ☐ Serve immediately with griddled or toasted Italian bread.

Nutrition Facts



Properties

Glycemic Index:26.67, Glycemic Load:0.15, Inflammation Score:-7, Nutrition Score:10.953478239477%

Flavonoids

Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg, Apigenin: 30.72mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 2.11mg, Myricetin: 2.11mg, Myricetin: 2.11mg, Myricetin: 2.11mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 318.67kcal (15.93%), Fat: 28.88g (44.43%), Saturated Fat: 12.15g (75.95%), Carbohydrates: 1.64g (0.55%), Net Carbohydrates: 0.95g (0.35%), Sugar: 0.5g (0.55%), Cholesterol: 0mg (0%), Sodium: 728.35mg (31.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.65g (27.29%), Vitamin K: 242.13µg (230.6%), Calcium: 621.83mg (62.18%), Vitamin C: 20.91mg (25.34%), Vitamin A: 1202.59IU (24.05%), Vitamin E: 2.13mg (14.18%), Folate: 21.86µg (5.47%), Iron: 0.97mg (5.41%), Fiber: 0.69g (2.76%), Potassium: 81.76mg (2.34%), Magnesium: 7.38mg (1.84%), Copper: 0.02mg (1.14%), Manganese: 0.02mg (1.14%), Zinc: 0.16mg (1.04%)