

Watermelon, Lychee, Feta, and Basil Salad with Spicy Lemongrass Vinaigrette

 Vegetarian  Gluten Free

READY IN



5 min.

SERVINGS



4

CALORIES



350 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup basil roughly chopped
- 5 ounces feta cheese crumbled
- 2 teaspoons honey
- 4 servings pepper black freshly ground
- 1 stalk lemon grass trimmed peeled finely chopped
- 3 tablespoons olive oil extra virgin extra-virgin
- 1 small shallots finely minced

- 1 teaspoon soya sauce
- 1 thai chile seeded finely chopped
- 2 quarts watermelon diced ()
- 2 teaspoons citrus champagne vinegar

Equipment

- bowl
- whisk

Directions

- Combine shallot, chili, lemongrass, honey, soy sauce, and vinegar in a small bowl. Slowly drizzle olive oil into bowl while whisking constantly. Season to taste with salt and pepper and set aside.
- Combine watermelon, lychees, feta, and basil in a large bowl.
- Add dressing and toss to combine. Season to taste with more salt as desired.
- Serve immediately.

Nutrition Facts



PROTEIN 9.05% **FAT 45.58%** **CARBS 45.37%**

Properties

Glycemic Index:75.23, Glycemic Load:27.44, Inflammation Score:-9, Nutrition Score:16.980000120142%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 2.22mg, Luteolin: 2.22mg, Luteolin: 2.22mg, Luteolin: 2.22mg Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg, Kaempferol: 2.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 350.15kcal (17.51%), Fat: 18.88g (29.04%), Saturated Fat: 6.25g (39.04%), Carbohydrates: 42.29g (14.1%), Net Carbohydrates: 40.09g (14.58%), Sugar: 32.78g (36.42%), Cholesterol: 31.54mg (10.51%), Sodium: 494.22mg (21.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.43g (16.86%), Vitamin A: 3010.03IU (60.2%), Vitamin C: 41.31mg (50.08%), Vitamin B2: 0.41mg (24.21%), Manganese: 0.46mg (23.21%), Calcium: 219.23mg (21.92%),

Vitamin B6: 0.4mg (19.93%), Vitamin K: 20.2µg (19.24%), Phosphorus: 183.48mg (18.35%), Potassium: 618.72mg (17.68%), Magnesium: 60.66mg (15.17%), Vitamin B1: 0.22mg (14.64%), Vitamin B5: 1.42mg (14.25%), Vitamin E: 1.85mg (12.3%), Copper: 0.24mg (12.16%), Iron: 1.98mg (11.01%), Zinc: 1.64mg (10.97%), Selenium: 7.37µg (10.52%), Vitamin B12: 0.6µg (9.98%), Fiber: 2.2g (8.79%), Folate: 33.04µg (8.26%), Vitamin B3: 1.35mg (6.73%)