



Watermelon Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



37 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 ounces feta cheese crumbled
- 0.3 cup mint leaves fresh finely chopped
- 0.3 cup parsley fresh finely chopped
- 0.3 cup kalamata olives pitted
- 3 tablespoons juice of lime fresh (2 limes)
- 0.5 cup onion red chopped
- 4 cups watermelon cubed seeded

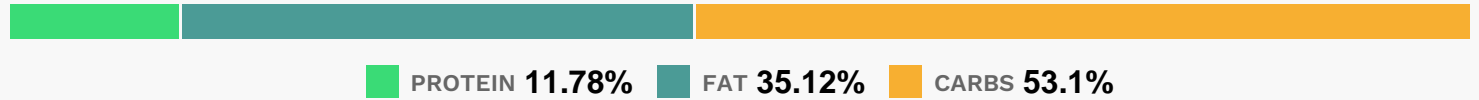
Equipment

bowl

Directions

- Combine onion and juice in a medium bowl; let stand 10 minutes.
- Add watermelon, olives, parsley, and mint. Cover and chill 1 hour.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:13.39, Glycemic Load:2.9, Inflammation Score:-4, Nutrition Score:3.2608695781749%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 2.74mg, Apigenin: 2.74mg, Apigenin: 2.74mg, Apigenin: 2.74mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg, Quercetin: 1.38mg

Nutrients (% of daily need)

Calories: 36.51kcal (1.83%), Fat: 1.55g (2.38%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 5.27g (1.76%), Net Carbohydrates: 4.73g (1.72%), Sugar: 3.51g (3.9%), Cholesterol: 4.21mg (1.4%), Sodium: 99.58mg (4.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Vitamin K: 20.72µg (19.74%), Vitamin A: 466.42IU (9.33%), Vitamin C: 7.68mg (9.31%), Calcium: 34.36mg (3.44%), Vitamin B2: 0.06mg (3.34%), Vitamin B6: 0.06mg (2.77%), Phosphorus: 25.48mg (2.55%), Potassium: 87.24mg (2.49%), Fiber: 0.54g (2.16%), Magnesium: 8.62mg (2.15%), Manganese: 0.04mg (2.14%), Vitamin B1: 0.03mg (2.03%), Folate: 7.73µg (1.93%), Vitamin B5: 0.18mg (1.79%), Copper: 0.03mg (1.74%), Iron: 0.31mg (1.71%), Zinc: 0.23mg (1.51%), Selenium: 0.98µg (1.39%), Vitamin B12: 0.08µg (1.33%), Vitamin E: 0.16mg (1.07%)