



Watermelon Salad

 Vegetarian  Gluten Free

READY IN

ready

20 min.

SERVINGS

servings

6

CALORIES

calories

191 kcal

- SIDE DISH
- ANTIPASTI
- STARTER
- SNACK

Ingredients

- ☐ 2 cups baby arugula
- ☐ 1 cup feta cheese crumbled
- ☐ 1 lime zest juiced
- ☐ 0.3 cup mint chiffonade
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 1 onion red thinly sliced
- ☐ 4 cups watermelon chunks seeded
- ☐ 2 tablespoons citrus champagne vinegar

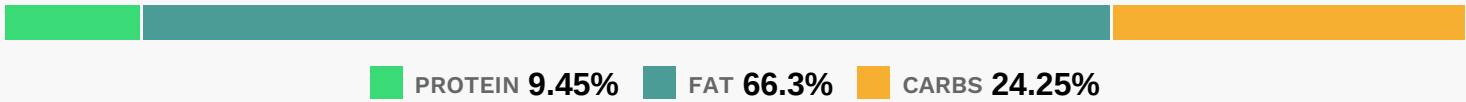
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Add the white wine vinegar, lime zest and juice to a small bowl.
- ☐ Whisk in the olive oil and season with salt and pepper.
- ☐ Add the thinly sliced red onion and let marinate for 5 to 10 minutes as you prepare the rest of the salad.
- ☐ Add the watermelon, feta, mint, and arugula to a large bowl. Toss with the vinaigrette and serve immediately after dressing.

Nutrition Facts



Properties

Glycemic Index:32.11, Glycemic Load:6.37, Inflammation Score:-7, Nutrition Score:7.7856522098832%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 4.99mg, Hesperetin: 4.99mg, Hesperetin: 4.99mg, Hesperetin: 4.99mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg, Isorhamnetin: 1.21mg Kaempferol: 2.9mg, Kaempferol: 2.9mg, Kaempferol: 2.9mg, Kaempferol: 2.9mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg, Quercetin: 4.29mg

Nutrients (% of daily need)

Calories: 190.82kcal (9.54%), Fat: 14.63g (22.51%), Saturated Fat: 4.6g (28.77%), Carbohydrates: 12.04g (4.01%), Net Carbohydrates: 10.76g (3.91%), Sugar: 7.39g (8.21%), Cholesterol: 22.25mg (7.42%), Sodium: 289.93mg (12.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.38%), Vitamin A: 925.89IU (18.52%), Vitamin C: 14.44mg (17.5%), Calcium: 153.86mg (15.39%), Vitamin B2: 0.25mg (14.72%), Vitamin K: 13.38µg (12.74%), Phosphorus: 107.96mg (10.8%), Vitamin E: 1.45mg (9.66%), Vitamin B6: 0.19mg (9.28%), Vitamin B12: 0.42µg

(7.04%), Selenium: 4.31µg (6.16%), Zinc: 0.92mg (6.12%), Folate: 24.02µg (6.01%), Vitamin B1: 0.09mg (5.88%), Potassium: 204.46mg (5.84%), Manganese: 0.12mg (5.79%), Magnesium: 22.22mg (5.55%), Vitamin B5: 0.55mg (5.48%), Fiber: 1.29g (5.15%), Iron: 0.78mg (4.31%), Copper: 0.08mg (3.84%), Vitamin B3: 0.52mg (2.62%)