



Watermelon Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



19 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 cups torn boston lettuce loosely packed
- 0.8 cup cucumber quartered
- 1 Tbsp mayo with olive oil reduced fat mayonnaise kraft
- 0.3 cup onion red separated thin
- 0.3 cup lite raspberry vinaigrette dressing kraft
- 2 cups watermelon chunks seedless (1 inch)

Equipment

- bowl

whisk

Directions

- Combine first 4 ingredients in large bowl.
- Whisk dressing gradually into mayo until blended.
- Add to salad; toss to coat.

Nutrition Facts



Properties

Glycemic Index:7.78, Glycemic Load:1.17, Inflammation Score:-6, Nutrition Score:3.482173933931%

Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 18.77kcal (0.94%), Fat: 0.31g (0.48%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 3.8g (1.27%), Net Carbohydrates: 3.32g (1.21%), Sugar: 2.9g (3.22%), Cholesterol: 0.15mg (0.05%), Sodium: 55.74mg (2.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.57g (1.13%), Vitamin K: 28.29µg (26.95%), Vitamin A: 1004.03IU (20.08%), Folate: 21.72µg (5.43%), Vitamin C: 3.1mg (3.76%), Manganese: 0.06mg (3.25%), Potassium: 100.69mg (2.88%), Iron: 0.4mg (2.24%), Vitamin B6: 0.04mg (1.93%), Fiber: 0.48g (1.93%), Vitamin B1: 0.03mg (1.71%), Magnesium: 6.67mg (1.67%), Vitamin B2: 0.02mg (1.38%), Phosphorus: 13.6mg (1.36%), Calcium: 12.56mg (1.26%), Vitamin B5: 0.11mg (1.06%)