



Watermelon Salad with Feta and Basil

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



222 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3.5 pounds seeded/seedless watermelon seedless cut into 1-inch cubes (6 cups) (rind removed)
- 2 tablespoons juice of lime fresh
- 0.5 cup basil fresh cut into thin strips (see note)
- 1 serving coarse mustard
- 1 cup feta cheese

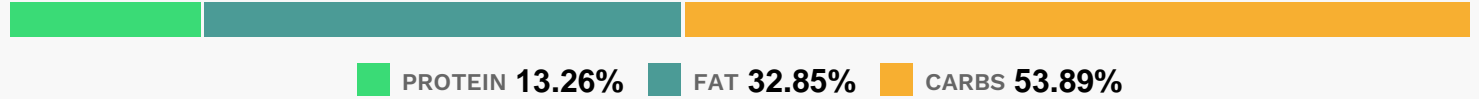
Equipment

- bowl

Directions

In a large bowl, combine watermelon, lime juice, and half the basil; season with salt and pepper. Toss to combine. Divide among four plates; scatter cheese and remaining basil on top.

Nutrition Facts



Properties

Glycemic Index:50.92, Glycemic Load:21.61, Inflammation Score:-9, Nutrition Score:13.922608717628%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 1.83mg, Luteolin: 1.83mg, Luteolin: 1.83mg, Luteolin: 1.83mg Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg, Kaempferol: 1.79mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 221.77kcal (11.09%), Fat: 8.72g (13.42%), Saturated Fat: 5.06g (31.6%), Carbohydrates: 32.2g (10.73%), Net Carbohydrates: 30.48g (11.08%), Sugar: 24.76g (27.51%), Cholesterol: 33.38mg (11.13%), Sodium: 445.49mg (19.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.93g (15.85%), Vitamin A: 2579.46IU (51.59%), Vitamin C: 34.94mg (42.36%), Vitamin B2: 0.4mg (23.77%), Calcium: 219.8mg (21.98%), Phosphorus: 174.11mg (17.41%), Vitamin B6: 0.35mg (17.3%), Potassium: 487.27mg (13.92%), Vitamin K: 13.59µg (12.94%), Vitamin B1: 0.19mg (12.93%), Vitamin B5: 1.26mg (12.59%), Magnesium: 49.93mg (12.48%), Selenium: 7.65µg (10.93%), Vitamin B12: 0.63µg (10.56%), Manganese: 0.2mg (10.12%), Zinc: 1.52mg (10.1%), Copper: 0.19mg (9.66%), Iron: 1.32mg (7.32%), Fiber: 1.72g (6.88%), Folate: 26.78µg (6.7%), Vitamin B3: 1.12mg (5.61%), Vitamin E: 0.31mg (2.07%)