



Watermelon Salad with Feta or Cotija



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



6

CALORIES



174 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup cotija cheese crumbled
- ☐ 1 pinch cumin to taste
- ☐ 0.5 cup feta cheese crumbled
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 0.5 cup parsley leaves fresh chopped
- ☐ 1 cups jicama peeled chopped
- ☐ 0.5 cup juice of lime juicy (4-6 limes, depending on how big and the limes are)

- ☐ 0.5 cup onion red chopped
- ☐ 1 serrano chili pepper minced seeded
- ☐ 6 servings quarter of a watermelon black seedless seeds removed (if not), chopped into 1-inch cube pieces, 8 cups

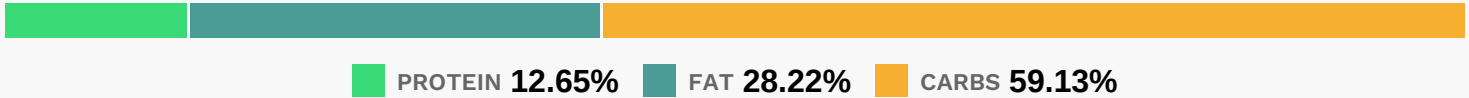
Equipment

- ☐ bowl

Directions

- ☐ Soak the chopped red onion in the lime juice while you are prepping the other ingredients, about 15 minutes.2 Gently combine all ingredients into a large serving bowl.
- ☐ Serve immediately. Salad will get soggy if kept overnight.

Nutrition Facts



Properties

Glycemic Index:39.94, Glycemic Load:15.67, Inflammation Score:-9, Nutrition Score:16.018260891023%

Flavonoids

Eriodictyol: 1.6mg, Eriodictyol: 1.6mg, Eriodictyol: 1.6mg, Eriodictyol: 1.6mg Hesperetin: 2.19mg, Hesperetin: 2.19mg, Hesperetin: 2.19mg, Hesperetin: 2.19mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 10.98mg, Apigenin: 10.98mg, Apigenin: 10.98mg, Apigenin: 10.98mg Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg, Kaempferol: 1.42mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

Nutrients (% of daily need)

Calories: 173.97kcal (8.7%), Fat: 5.93g (9.13%), Saturated Fat: 3.4g (21.24%), Carbohydrates: 27.96g (9.32%), Net Carbohydrates: 24.93g (9.07%), Sugar: 18.75g (20.83%), Cholesterol: 22.25mg (7.42%), Sodium: 294.31mg (12.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.97%), Vitamin K: 87.22µg (83.07%), Vitamin C: 42.75mg (51.81%), Vitamin A: 2393.66IU (47.87%), Vitamin B2: 0.3mg (17.68%), Calcium: 168.51mg (16.85%), Vitamin B6: 0.28mg (14.06%), Potassium: 463.99mg (13.26%), Phosphorus: 132.4mg (13.24%), Fiber: 3.03g (12.12%), Magnesium: 44.42mg (11.11%), Manganese: 0.21mg (10.37%), Vitamin B1: 0.16mg (10.35%), Vitamin B5: 0.97mg (9.73%), Folate:

36.48µg (9.12%), Iron: 1.55mg (8.64%), Copper: 0.17mg (8.54%), Zinc: 1.18mg (7.86%), Selenium: 5.13µg (7.33%),
Vitamin B12: 0.42µg (7.04%), Vitamin B3: 0.99mg (4.97%), Vitamin E: 0.41mg (2.73%)