




 **20%**
HEALTH SCORE

Watermelon Salad with Feta, Walnut & Nigella Seeds

 Vegetarian  Gluten Free

READY IN

25 min.

SERVINGS

6

CALORIES

334 kcal

- SIDE DISH
- ANTIPASTI
- STARTER
- SNACK

Ingredients

- 1 cup walnut halves
- 5 lb watermelon
- 7 oz feta cheese
- 3 sprigs mint leaves
- 1 tsp nigella seeds

Equipment

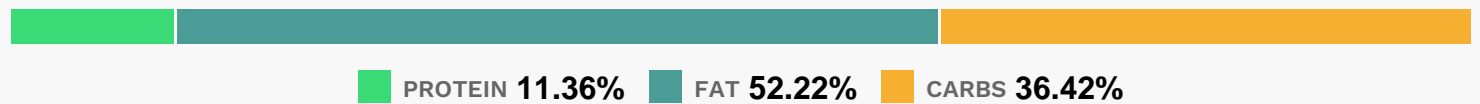
- bowl

frying pan

Directions

- Soak walnuts in hot water for five minutes in a bowl. Rinse and cover with cold water and a pinch of salt.
- Let stand for a few minutes (it can soak for as long as half a day and will get even better with longer soaking). Rinse and drain.
- Cut your watermelon into cubes or use a spoon to scoop out the red flesh and put in a bowl. Cube or crumble the cheese over the watermelon.
- Add the walnut pieces and garnish with mint leaves. Put your nigella seeds in a small pan and toast briefly on medium heat until fragrant.
- Sprinkle seeds on the salad and enjoy!

Nutrition Facts



Properties

Glycemic Index:20.28, Glycemic Load:20.8, Inflammation Score:-9, Nutrition Score:16.277391304348%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg, Luteolin: 1.8mg Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg, Kaempferol: 1.7mg

Nutrients (% of daily need)

Calories: 333.85kcal (16.69%), Fat: 20.8g (32%), Saturated Fat: 5.71g (35.68%), Carbohydrates: 32.64g (10.88%), Net Carbohydrates: 29.71g (10.8%), Sugar: 23.96g (26.62%), Cholesterol: 29.44mg (9.81%), Sodium: 381.37mg (16.58%), Protein: 10.18g (20.35%), Vitamin A: 2315.5IU (46.31%), Manganese: 0.82mg (41.23%), Vitamin C: 31.03mg (37.61%), Copper: 0.48mg (24.05%), Vitamin B2: 0.39mg (22.89%), Phosphorus: 220.88mg (22.09%), Calcium: 209.84mg (20.98%), Vitamin B6: 0.42mg (20.78%), Magnesium: 75.29mg (18.82%), Vitamin B1: 0.24mg (16.17%), Potassium: 532.7mg (15.22%), Zinc: 1.94mg (12.92%), Vitamin B5: 1.27mg (12.68%), Fiber: 2.94g (11.75%), Selenium: 7.43µg (10.61%), Folate: 41.6µg (10.4%), Iron: 1.72mg (9.53%), Vitamin B12: 0.56µg (9.32%), Vitamin B3: 1.23mg (6.14%), Vitamin E: 0.39mg (2.57%), Vitamin K: 1.5µg (1.43%)