



Watermelon Salad with Mint Leaves

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



217 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 4 ounces feta cheese crumbled
- 2 tablespoons mint leaves fresh chopped
- 6 mint sprigs whole
- 0.5 cup olive oil extra-virgin
- 0.3 cup red wine vinegar
- 6 servings salt and pepper
- 1 vidalia sweet
- 5 pound watermelon

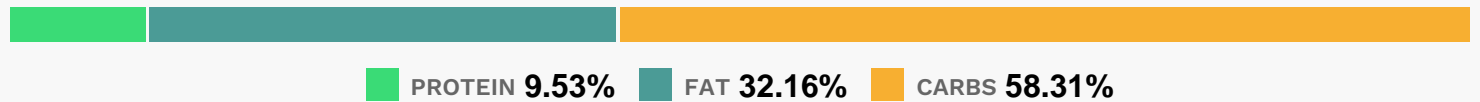
Equipment

- bowl
- whisk

Directions

- Cut the flesh from the melon and cut into bite size pieces, removing and discarding the seeds, and set aside. Peel and slice the onion into rings.
- In a small bowl, combine the vinegar, salt, pepper, and whisk until salt is dissolved. Slowly whisk in the olive oil, a few drops at a time.
- Add in the chopped mint, taste, and adjust seasonings.
- In a large bowl, combine the melon, onion, and feta.
- Pour the dressing over the melon mixture and toss gently until everything is coated and evenly mixed.
- Garnish with mint sprigs.
- To serve, divide salad among individual plates and garnish with mint leaves.

Nutrition Facts



Properties

Glycemic Index:16.94, Glycemic Load:20.38, Inflammation Score:-9, Nutrition Score:11.917391289835%

Flavonoids

Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg, Eriodictyol: 0.82mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg, Kaempferol: 2.33mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

Nutrients (% of daily need)

Calories: 216.72kcal (10.84%), Fat: 8.3g (12.77%), Saturated Fat: 3.08g (19.23%), Carbohydrates: 33.86g (11.29%), Net Carbohydrates: 31.64g (11.51%), Sugar: 26.2g (29.12%), Cholesterol: 16.82mg (5.61%), Sodium: 419.14mg (18.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.53g (11.07%), Vitamin A: 2344.37IU (46.89%), Vitamin C: 34.16mg (41.41%), Vitamin B6: 0.33mg (16.27%), Vitamin B2: 0.26mg (15.12%), Potassium: 519.85mg (14.85%), Calcium: 137.9mg (13.79%), Phosphorus: 122.91mg (12.29%), Magnesium: 48.89mg (12.22%), Vitamin B1: 0.18mg (11.91%), Manganese: 0.23mg (11.36%), Vitamin B5: 1.08mg (10.81%), Copper: 0.21mg (10.28%), Fiber: 2.22g (8.89%), Folate: 33.12µg (8.28%), Iron: 1.38mg (7.64%), Zinc: 1.03mg (6.85%), Selenium: 4.62µg (6.6%), Vitamin B12: 0.32µg (5.32%), Vitamin E: 0.75mg (5.02%), Vitamin B3: 0.98mg (4.89%), Vitamin K: 3.05µg (2.91%)