




Watermelon, Tomato, and Kalamata Olive Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



105 kcal

SIDE DISH

Ingredients

- 1 teaspoon balsamic vinegar
- 1 medium beefsteak tomatoes seeded cut into medium dice
- 4 servings pepper black freshly ground
- 1 medium cucumber english peeled seeded cut into medium dice
- 1 tablespoon mint leaves fresh packed thinly sliced
- 0.3 cup kalamata olives pitted halved
- 2 teaspoons kosher salt

- 2 teaspoons olive oil extra virgin extra-virgin
- 1 ounce pecorino thinly sliced
- 1 pound seeded/seedless watermelon seedless

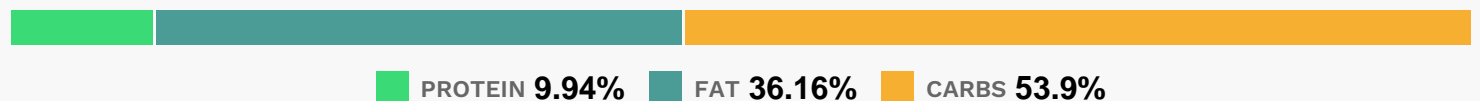
Equipment

- bowl
- colander

Directions

- Combine the watermelon, cucumber, and tomato in a large bowl.
- Sprinkle with the salt and gently toss to combine.
- Transfer to a colander and let drain for at least 10 minutes.
- Transfer drained mixture to a large bowl and combine with the olives, mint, oil, and vinegar. Season with a generous amount of pepper.
- Sprinkle the cheese over the top and serve. Beverage pairing: Dog Point Sauvignon Blanc, New Zealand. The vinegar, olives, and tomato demand a wine with high acid, but the watermelon asks for something with a little tropical fruit. Sauvignon Blanc is the answer, and this one from Dog Point Vineyard in New Zealand is the most delicious around. Like the salad, it's an intriguing and juicy blend of savory and sweet with a great acid kick.

Nutrition Facts



Properties

Glycemic Index:55.42, Glycemic Load:7.1, Inflammation Score:-8, Nutrition Score:8.4165217461793%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg, Luteolin: 0.73mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 105.04kcal (5.25%), Fat: 4.65g (7.15%), Saturated Fat: 1.11g (6.93%), Carbohydrates: 15.59g (5.2%), Net Carbohydrates: 13.34g (4.85%), Sugar: 10.77g (11.97%), Cholesterol: 3.61mg (1.2%), Sodium: 1307.94mg (56.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.88g (5.75%), Vitamin A: 1550.38IU (31.01%), Vitamin C: 23.33mg (28.28%), Vitamin K: 20.69µg (19.71%), Potassium: 459.79mg (13.14%), Manganese: 0.23mg (11.59%), Fiber: 2.25g (9.01%), Magnesium: 33.5mg (8.37%), Vitamin B6: 0.16mg (7.83%), Vitamin E: 1.16mg (7.71%), Copper: 0.15mg (7.34%), Phosphorus: 63.72mg (6.37%), Vitamin B1: 0.09mg (6.2%), Folate: 23.95µg (5.99%), Vitamin B5: 0.54mg (5.43%), Calcium: 52.05mg (5.21%), Iron: 0.88mg (4.91%), Vitamin B2: 0.08mg (4.86%), Vitamin B3: 0.83mg (4.15%), Zinc: 0.51mg (3.42%), Selenium: 1.79µg (2.56%)