



Watermelon, Tomato and Mint Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



153 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounces feta crumbled
- ☐ 4 tablespoons mint leaves fresh chopped
- ☐ 3 large orange heirlooms green ripe seeded cut into 1-inch cubes
- ☐ 1 medium onion sweet such as vidalia, maui, or walla walla, thinly sliced
- ☐ 4 pound watermelon seedless

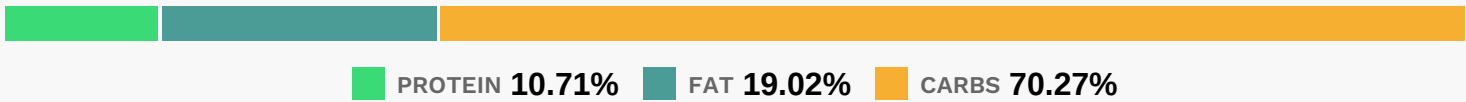
Equipment

- ☐ bowl

Directions

- ☐ Cut off and discard the watermelon rind.
- ☐ Cut the watermelon into 1-inch cubes, removing any seeds as needed.
- ☐ Transfer to serving bowl. Cover and refrigerate until chilled, at least 1 hour and up to 12 hours.
- ☐ Add the tomatoes, onion, and mint to the watermelon and toss gently.
- ☐ Add the feta and toss again.
- ☐ Serve immediately.
- ☐ From Summer Gatherings by Rick Rodgers, (C) © April 2008 William Morrow

Nutrition Facts



Properties

Glycemic Index:18.02, Glycemic Load:15.01, Inflammation Score:-9, Nutrition Score:11.273478225521%

Flavonoids

Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 19.06mg, Hesperetin: 19.06mg, Hesperetin: 19.06mg, Hesperetin: 19.06mg Naringenin: 10.57mg, Naringenin: 10.57mg, Naringenin: 10.57mg, Naringenin: 10.57mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg, Luteolin: 1.5mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg, Myricetin: 0.58mg Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg, Quercetin: 6.32mg

Nutrients (% of daily need)

Calories: 153.02kcal (7.65%), Fat: 3.53g (5.43%), Saturated Fat: 1.94g (12.11%), Carbohydrates: 29.31g (9.77%), Net Carbohydrates: 26.18g (9.52%), Sugar: 22.59g (25.1%), Cholesterol: 12.62mg (4.21%), Sodium: 167.95mg (7.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.94%), Vitamin C: 57.86mg (70.13%), Vitamin A: 1612.15IU (32.24%), Vitamin B6: 0.26mg (13.03%), Potassium: 451.15mg (12.89%), Calcium: 127.71mg (12.77%), Fiber: 3.14g (12.54%), Vitamin B2: 0.21mg (12.34%), Vitamin B1: 0.18mg (11.71%), Folate: 44.41µg (11.1%), Phosphorus: 95.37mg (9.54%), Magnesium: 38mg (9.5%), Vitamin B5: 0.86mg (8.6%), Manganese: 0.17mg (8.41%), Copper: 0.16mg (8.11%), Iron: 0.94mg (5.22%), Selenium: 3.59µg (5.12%), Zinc: 0.76mg (5.1%), Vitamin B3: 0.84mg (4.18%), Vitamin B12: 0.24µg (3.99%), Vitamin E: 0.27mg (1.81%)