



Watermelon Tomato Salad With Balsamic Dressing

 Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



174 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup balsamic vinegar
- 6 servings salt and ground pepper black to taste
- 2 tablespoons olive oil
- 2 gram saccharine-based sugar substitute low® (such as Sweet'N)
- 0.3 onion sweet very thinly sliced
- 1 large tomatoes diced ripe peeled
- 0.5 watermelon seedless cut into 1-inch cubes

Equipment

- bowl
- whisk

Directions

- Place watermelon cubes, tomato, sweet onion, and green onion into a salad bowl. In a separate bowl, whisk together the balsamic vinegar, olive oil, and sweetener until the sweetener has dissolved.
- Pour the dressing over the salad, and lightly toss; sprinkle with salt and black pepper to taste.
- Refrigerate at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:40.78, Glycemic Load:21.4, Inflammation Score:-9, Nutrition Score:9.568695742151%

Flavonoids

Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg, Luteolin: 1.73mg Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg, Kaempferol: 1.87mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 174.35kcal (8.72%), Fat: 5.3g (8.16%), Saturated Fat: 0.71g (4.46%), Carbohydrates: 32.71g (10.9%), Net Carbohydrates: 30.7g (11.16%), Sugar: 26.6g (29.55%), Cholesterol: 0mg (0%), Sodium: 8.93mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.73g (5.45%), Vitamin A: 2387.11IU (47.74%), Vitamin C: 35.19mg (42.66%), Potassium: 521.59mg (14.9%), Magnesium: 43.52mg (10.88%), Manganese: 0.21mg (10.71%), Vitamin B6: 0.21mg (10.56%), Vitamin B1: 0.14mg (9.38%), Copper: 0.19mg (9.36%), Vitamin B5: 0.87mg (8.71%), Fiber: 2.01g (8.05%), Vitamin E: 1.03mg (6.85%), Iron: 1.13mg (6.28%), Vitamin K: 5.79µg (5.51%), Phosphorus: 54.43mg (5.44%), Vitamin B2: 0.09mg (5.14%), Folate: 18.99µg (4.75%), Vitamin B3: 0.87mg (4.34%), Calcium: 35.4mg (3.54%), Zinc: 0.45mg (3.03%), Selenium: 1.57µg (2.25%)