

Watermelon-Tomato Skewer

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 tablespoons balsamic vinegar
- 8 bamboo skewers
- 8 tiny baby basil leaves
- 4 cherry tomatoes
- 8 servings kosher salt
- 1 tablespoon olive oil extra-virgin
- 1 small watermelon seedless

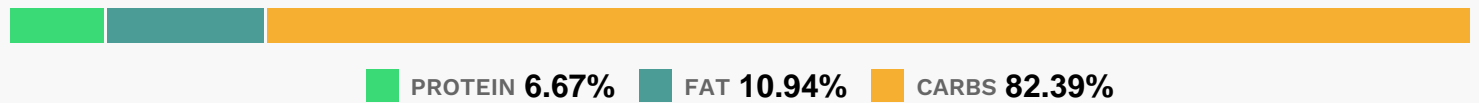
Equipment

- bowl
- whisk
- pot
- skewers

Directions

- Cut top and bottom off the watermelon to level it. Sit it upright and cut away the rind.
- Cut into 1-inch cubes, reserve.
- Bring a small pot of water to boil. Have a small bowl of ice water on the side. Carefully drop the cherry tomatoes into the water. Allow to cook for 10 seconds. Put in the ice water. Carefully peel away the skin and cut into halves (note: the tomatoes do not have to be peeled.)
- Whisk together the vinegar and oil.
- Place a tomato half on top of each watermelon cube with the flat side facing up. Poke a bamboo skewer through the top all the way down to secure the 2 items. Line up the skewers on a serving tray.
- Drizzle the vinaigrette over the skewered tomato and watermelon.
- Sprinkle with salt and place a micro basil leaf on top.
- Serve.

Nutrition Facts



Properties

Glycemic Index:28.33, Glycemic Load:30.72, Inflammation Score:-9, Nutrition Score:12.129999876022%

Flavonoids

Luteolin: 2.59mg, Luteolin: 2.59mg, Luteolin: 2.59mg, Luteolin: 2.59mg Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg, Kaempferol: 2.53mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 193.07kcal (9.65%), Fat: 2.61g (4.01%), Saturated Fat: 0.33g (2.09%), Carbohydrates: 44.21g (14.74%), Net Carbohydrates: 41.88g (15.23%), Sugar: 36.3g (40.34%), Cholesterol: 0mg (0%), Sodium: 202.31mg (8.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.58g (7.16%), Vitamin A: 3263.42IU (65.27%), Vitamin C: 47.58mg (57.68%), Potassium: 659.53mg (18.84%), Magnesium: 58.28mg (14.57%), Vitamin B6: 0.26mg (13.09%), Vitamin B1: 0.19mg (12.61%), Vitamin B5: 1.26mg (12.56%), Copper: 0.25mg (12.38%), Manganese: 0.24mg (11.99%), Fiber: 2.33g (9.32%), Iron: 1.49mg (8.29%), Vitamin B2: 0.12mg (7.09%), Phosphorus: 66.25mg (6.62%), Vitamin B3: 1.05mg (5.26%), Folate: 18.28µg (4.57%), Calcium: 43.4mg (4.34%), Zinc: 0.59mg (3.94%), Vitamin E: 0.59mg (3.94%), Vitamin K: 3.51µg (3.35%), Selenium: 2.3µg (3.28%)