



Watermelon Wedge Salad with Feta Buttermilk Dressing



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



12

CALORIES



176 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup buttermilk
- ☐ 3 ounce feta crumbled ()
- ☐ 1 pinch kosher salt
- ☐ 1 bunch mint leaves
- ☐ 0.3 teaspoon ground mustard
- ☐ 12 servings freshly cracked pepper black to taste
- ☐ 1 cup cup heavy whipping cream sour

- ☐ 1 medium watermelon
- ☐ 1 pinch pepper white

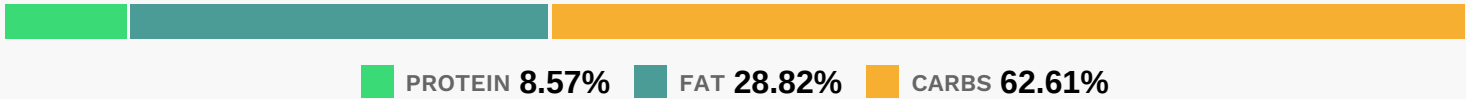
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In a small bowl whisk the sour cream, buttermilk, mustard powder, salt, and pepper together until well combined. Fold in the crumbled feta. Set aside at least two hours and up to 3 days.Halve the watermelon crosswise, then halve each half.
- ☐ Cut these pieces into 3 equally sized wedges. Trip the bottom side of the rind so that the wedge sits without rolling. Move the watermelon wedges to a serving tray. Use a small melon-baller to make as many balls as you can from the half sweet melon. Scatter these around the watermelon wedges. Then garnish with the mint leaves. Just before serving grind black pepper to taste on top of everything.
- ☐ Serve with the feta buttermilk dressing on the side.

Nutrition Facts



Properties

Glycemic Index:13.72, Glycemic Load:20.26, Inflammation Score:-9, Nutrition Score:9.5826088060503%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg, Luteolin: 1.77mg Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg, Kaempferol: 1.69mg

Nutrients (% of daily need)

Calories: 176.18kcal (8.81%), Fat: 6.16g (9.47%), Saturated Fat: 3.13g (19.57%), Carbohydrates: 30.1g (10.03%), Net Carbohydrates: 28.54g (10.38%), Sugar: 24.4g (27.11%), Cholesterol: 18.72mg (6.24%), Sodium: 104.35mg (4.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Vitamin A: 2314.29IU (46.29%), Vitamin C: 30.66mg (37.16%), Potassium: 465.4mg (13.3%), Vitamin B2: 0.19mg (11.13%), Magnesium: 42.37mg (10.59%),

Vitamin B6: 0.21mg (10.56%), Vitamin B5: 1mg (10.03%), Vitamin B1: 0.14mg (9.59%), Calcium: 93.46mg (9.35%), Phosphorus: 88.98mg (8.9%), Copper: 0.17mg (8.43%), Manganese: 0.17mg (8.27%), Fiber: 1.56g (6.25%), Iron: 1mg (5.53%), Selenium: 3.73µg (5.33%), Zinc: 0.69mg (4.59%), Folate: 15.63µg (3.91%), Vitamin B3: 0.77mg (3.87%), Vitamin B12: 0.21µg (3.43%), Vitamin E: 0.28mg (1.89%), Vitamin D: 0.16µg (1.06%)