



HEALTH SCORE

66%

Watermelon with dukkah dip



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



965 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large watermelon
- ☐ 2 servings olive oil for brushing
- ☐ 25 g hazelnuts
- ☐ 25 g sesame seed
- ☐ 2.5 tsp coriander seeds
- ☐ 2 tsp cumin seeds
- ☐ 1 tsp sea salt
- ☐ 0.3 tsp pepper black

- ☐ 0.3 tsp paprika
- ☐ 1 pinch ground pepper

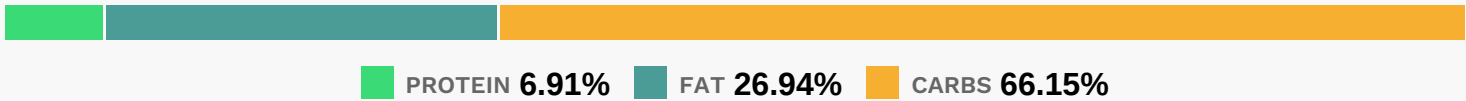
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ oven
- ☐ mortar and pestle

Directions

- ☐ For the dukkah, heat oven to 180C/ 160C fan/gas
- ☐ Roast the hazelnuts and sesame seeds separately until golden. Meanwhile, toast the coriander and cumin seeds in a dry pan until fragrant about 1 min. Cool everything.
- ☐ Transfer the nuts, spices and remaining dukkah ingredients to a food processor, coffee grinder or pestle and mortar. Blend to a coarse mix. This will store in an airtight jar for up to a month.
- ☐ Slice the watermelon into small, thin wedges. Trim the rind from the base of each wedge so that they can stand up, brush the tops with a little olive oil and dip into the dukkah to serve.

Nutrition Facts



Properties

Glycemic Index:104.33, Glycemic Load:120.84, Inflammation Score:-10, Nutrition Score:46.297390937805%

Flavonoids

Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg, Cyanidin: 0.84mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg, Epigallocatechin 3–gallate: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 10.37mg, Luteolin: 10.37mg, Luteolin: 10.37mg, Luteolin: 10.37mg Kaempferol: 10.13mg, Kaempferol: 10.13mg, Kaempferol: 10.13mg, Kaempferol: 10.13mg

Nutrients (% of daily need)

Calories: 965.06kcal (48.25%), Fat: 32.11g (49.39%), Saturated Fat: 3.78g (23.66%), Carbohydrates: 177.4g (59.13%), Net Carbohydrates: 164.38g (59.77%), Sugar: 140.16g (155.74%), Cholesterol: 0mg (0%), Sodium: 1191.47mg (51.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.54g (37.08%), Vitamin A: 12996.57IU (259.93%), Vitamin C: 183.71mg (222.68%), Manganese: 2.09mg (104.38%), Copper: 1.72mg (85.84%), Potassium: 2740.82mg (78.31%), Magnesium: 305.41mg (76.35%), Vitamin B1: 0.94mg (62.78%), Vitamin B6: 1.2mg (59.94%), Iron: 9.74mg (54.13%), Fiber: 13.03g (52.11%), Vitamin B5: 5.1mg (51.04%), Phosphorus: 383.5mg (38.35%), Vitamin E: 5.22mg (34.79%), Calcium: 331.83mg (33.18%), Vitamin B2: 0.54mg (31.49%), Zinc: 3.75mg (25.01%), Vitamin B3: 4.97mg (24.87%), Folate: 94.2µg (23.55%), Selenium: 14.34µg (20.48%), Vitamin K: 13.25µg (12.62%)