



Watermelon with Fennel Salt



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon fennel seeds
- ☐ 2 teaspoons kosher salt
- ☐ 6 lime wedges
- ☐ 12 slices from a 5-lb watermelon 1-inch-thick chilled quartered ()

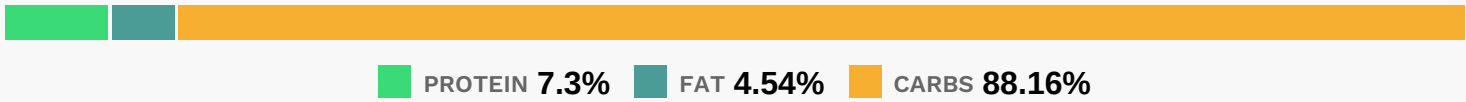
Equipment

- ☐ frying pan

Directions

- ☐ Heat a dry small heavy skillet over moderately low heat until hot, about 3 minutes, then toast fennel seeds, stirring constantly, until lightly browned, 3 to 4 minutes.
- ☐ Transfer seeds to a work surface and cool 10 minutes. Coarsely crush seeds using bottom of skillet, then stir together with salt and sprinkle over watermelon.
- ☐ Serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:17.78, Glycemic Load:30.98, Inflammation Score:-9, Nutrition Score:12.749130492625%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Luteolin: 2.63mg, Luteolin: 2.63mg, Luteolin: 2.63mg, Luteolin: 2.63mg Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 180.45kcal (9.02%), Fat: 1.04g (1.6%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 45.6g (15.2%), Net Carbohydrates: 42.41g (15.42%), Sugar: 35.77g (39.74%), Cholesterol: 0mg (0%), Sodium: 782.12mg (34.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.55%), Vitamin A: 3265.03IU (65.3%), Vitamin C: 51.78mg (62.76%), Potassium: 676.1mg (19.32%), Magnesium: 62.15mg (15.54%), Manganese: 0.29mg (14.31%), Vitamin B6: 0.27mg (13.49%), Vitamin B1: 0.2mg (13.22%), Copper: 0.26mg (13.16%), Vitamin B5: 1.3mg (13.03%), Fiber: 3.19g (12.76%), Iron: 1.67mg (9.29%), Vitamin B2: 0.13mg (7.49%), Phosphorus: 71.03mg (7.1%), Calcium: 58.42mg (5.84%), Vitamin B3: 1.11mg (5.57%), Folate: 18.6µg (4.65%), Zinc: 0.63mg (4.21%), Selenium: 2.36µg (3.37%), Vitamin E: 0.33mg (2.17%)