



Zucchini Melon Salad

 Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



495 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 lb chicken breast smoked whole with a knife thinly sliced
- ☐ 0.3 cup mint leaves fresh packed thin
- ☐ 6 inch wedges honeydew melon seeded
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 0.5 lb parmesan
- ☐ 1 teaspoon salt
- ☐ 2 medium zucchini ()

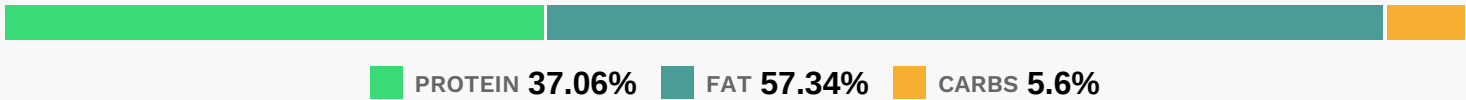
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ colander
- ☐ peeler

Directions

- ☐ Cut zucchini crosswise diagonally into 1/8-inch-thick slices using slicer and transfer to a colander set over a bowl.
- ☐ Sprinkle with salt, tossing to coat, and let stand 5 minutes, then rinse under cold water. Arrange in 1 layer on paper towels and pat dry.
- ☐ Cut melon wedges lengthwise into 1/8-inch-thick slices using slicer.
- ☐ Divide melon, zucchini, and chicken among 4 plates. Shave about one fourth of cheese into curls with a vegetable peeler and divide curls and mint among the 4 plates.
- ☐ Drizzle each plate with oil and lime juice. Season with salt and pepper.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:0.8, Inflammation Score:-7, Nutrition Score:24.82695672823%

Flavonoids

Eriodictyol: 1.2mg, Eriodictyol: 1.2mg, Eriodictyol: 1.2mg, Eriodictyol: 1.2mg Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg, Hesperetin: 1.64mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 494.66kcal (24.73%), Fat: 31.44g (48.37%), Saturated Fat: 11.9g (74.39%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 5.62g (2.04%), Sugar: 3.47g (3.85%), Cholesterol: 111.13mg (37.04%), Sodium: 1631.2mg (70.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.72g (91.44%), Selenium: 49.28µg (70.41%), Calcium: 702.34mg (70.23%), Phosphorus: 673.46mg (67.35%), Vitamin B3: 12.51mg (62.54%), Vitamin B6: 1.07mg (53.67%), Vitamin C: 25.02mg (30.33%), Vitamin B2: 0.4mg (23.76%), Potassium: 770.16mg (22%), Vitamin B5: 2.11mg (21.07%), Magnesium: 75.93mg (18.98%), Zinc: 2.58mg (17.19%), Vitamin E: 2.44mg (16.24%), Vitamin A: 801.78IU (16.04%), Vitamin B12: 0.91µg (15.12%), Vitamin K: 13.73µg (13.08%), Manganese: 0.24mg (12.01%), Vitamin B1: 0.15mg (9.75%), Folate: 37.47µg (9.37%), Iron: 1.49mg (8.28%), Copper: 0.12mg (5.77%), Fiber: 1.3g (5.18%), Vitamin D: 0.4µg (2.65%)