Melon Salad

A refreshing salad made with melon, perfect for hot summer days.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: N/A

Total Time: 15 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

250 g	Watermelon
250 g	Cantaloupe
10 g	mint leaves
2 tsp	lime juice
2 tsp	honey

Directions

Step 1

Cutting

Cut the watermelon and cantaloupe into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Chop the mint leaves.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the watermelon, cantaloupe, and mint leaves.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Mixing

Drizzle the lime juice and honey over the salad.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Mixing

Toss gently to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 46 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 12 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	12 g	21.82%	24%
Fibers	1 g	2.63%	4%
Sugars	11 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)

Vitamin A	30 iu	3.33%	4.29%
Vitamin C	39 mg	43.33%	52%
Vitamin B6	3 mg	230.77%	230.77%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	2 mg	0.09%	0.09%
Calcium	1 mg	0.1%	0.1%
Iron	1 mg	12.5%	5.56%
Potassium	170 mg	5%	6.54%
Zinc	1 mg	9.09%	12.5%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer   Fall

Events

Christmas   Easter   Thanksgiving   Birthday   Wedding   Halloween

Valentine's Day   Mother's Day   Father's Day   New Year   Anniversary

Baby Shower   Bridal Shower   Graduation   Back to School   Barbecue   Picnic

Game Day

Meal Type

Lunch   Dinner   Snack

Difficulty Level

Easy

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