

# Watermelon Salad

## Ingredients:

2 pounds watermelon, diced  
2 pounds cantaloupe, diced  
½ cup lime juice  
7 peppermint leaves, julienned



## Nutrition Facts

Serving Size 1 cup (227g)  
Servings Per Container 8

Amount Per Serving

**Calories 70**      Calories from Fat 5

% Daily Value\*

**Total Fat 0g**      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 20mg**      **1%**

**Total Carbohydrate 18g**      **6%**

Dietary Fiber 1g      **4%**

Sugars 15g

**Protein 2g**

Vitamin A 80%      •      Vitamin C 90%

Calcium 2%      •      Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



\*VEGAN



\*GLUTEN-FREE



\*SOY FREE

## Directions:

1. Combine melon, drizzle lime juice and add chopped fresh mint.
2. Toss gently and chill before serving.