

# Melon Salad with Mint, Lime, and Sea Salt

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-bitter-melon-salad-recipe>

## Ingredients:

- 1 melon Israeli, sliced, rind removed, or use cantaloupe
- fresh mint chopped
- 1 lime cut into wedges
- 1 pinch sea salt

## Nutrition:

1. Calories: 25 calories
2. Carbohydrate: 8 grams
3. Fiber: 2 grams
4. Protein: 1 grams
5. Sodium: 80 milligrams
6. Sugar: 4 grams

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