



# Watermelon, Feta, and Mint Stacks

2 Servings • 1 Serving = 3 Stacks

## INGREDIENTS

- ½ cup watermelon, cubed
- ½ cup feta cheese, cubed
- 6 mint leaves
- 1 teaspoon extra virgin olive oil
- 1 teaspoon balsamic vinegar

## DIRECTIONS

1. Place the watermelon cubes on a plate. Top each cube with feta and lay a mint leaf on top.
2. Place a toothpick through each stack and drizzle with oil and balsamic vinegar.

## Nutrition Facts

2 servings per container	
<b>Serving size</b>	<b>3 Stacks</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 6g	<b>30%</b>
Trans Fat 0g	
<b>Cholesterol</b> 35mg	<b>12%</b>
<b>Sodium</b> 340mg	<b>15%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 4g	
includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 6g	
Vitamin D 0mcg	<b>0%</b>
Calcium 189mg	<b>15%</b>
Iron 0mg	<b>0%</b>
Potassium 70mg	<b>2%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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