



Agua de Melon (Cantaloupe Juice)



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



244 kcal

SIDE DISH

Ingredients

- ☐ 1 cantaloupe cut into cubes
- ☐ 3 cups ice cubes for serving
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 6 cups water

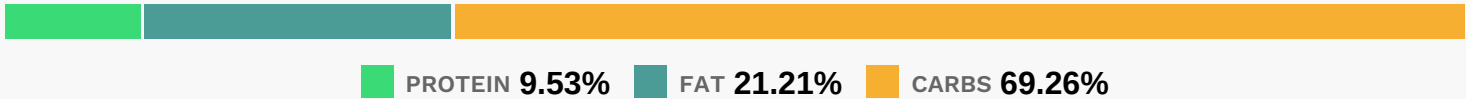
Equipment

- ☐ blender

Directions

- ☐ Put the cantaloupe in a blender.
- ☐ Pour sweetened condensed milk and water over the cantaloupe; blend until smooth.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:26.52, Inflammation Score:-9, Nutrition Score:9.9565217650455%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 243.62kcal (12.18%), Fat: 5.92g (9.11%), Saturated Fat: 3.68g (22.99%), Carbohydrates: 43.49g (14.5%), Net Carbohydrates: 42.76g (15.55%), Sugar: 43.23g (48.04%), Cholesterol: 22.49mg (7.5%), Sodium: 129.35mg (5.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.99g (11.97%), Vitamin A: 3288.06IU (65.76%), Calcium: 206.79mg (20.68%), Phosphorus: 183mg (18.3%), Vitamin B2: 0.3mg (17.65%), Selenium: 11.35µg (16.22%), Vitamin C: 11.75mg (14.24%), Potassium: 389.85mg (11.14%), Magnesium: 32.71mg (8.18%), Copper: 0.14mg (7.25%), Zinc: 1.06mg (7.08%), Vitamin B1: 0.1mg (6.97%), Vitamin B5: 0.59mg (5.93%), Folate: 20.16µg (5.04%), Vitamin B12: 0.29µg (4.85%), Vitamin B3: 0.78mg (3.89%), Vitamin B6: 0.07mg (3.53%), Fiber: 0.74g (2.94%), Vitamin K: 2.88µg (2.74%), Iron: 0.48mg (2.64%), Manganese: 0.04mg (2.08%), Vitamin E: 0.15mg (1.01%)