



Berry and Melon Napoleon

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



802 kcal

SIDE DISH

Ingredients

- ☐ 0.5 pint blackberries fresh halved
- ☐ 0.5 pint blueberries fresh
- ☐ 2 large wedges honeydew melon
- ☐ 4 servings sauce
- ☐ 1 leaves whipped cream fresh
- ☐ 3 tablespoons powdered sugar
- ☐ 4 servings powdered sugar
- ☐ 0.5 pint raspberries fresh

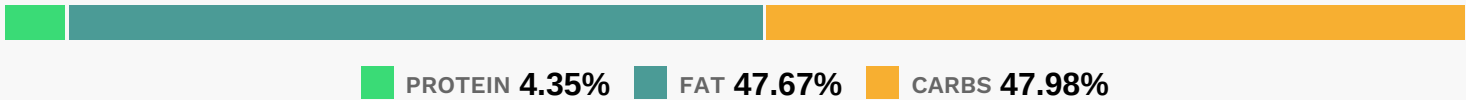
- ☐ 20 strawberries fresh
- ☐ 0.5 teaspoon vanilla extract
- ☐ 2 cups whipping cream

Equipment

Directions

- ☐ Beat whipping cream until foamy; gradually add powdered sugar and vanilla, beating until soft peaks form. Set aside.
- ☐ Cut 3 (3/4-inch-thick) slices from outer edges of each honeydew without cutting into cavities. Peel slices.
- ☐ Cut 1 round from each slice with a 2 1/2-inch round cutter.
- ☐ Cut rounds in half horizontally. Set aside. Reserve remaining honeydew for other uses.
- ☐ Cut 12 strawberries in half lengthwise; slice remaining strawberries.
- ☐ Spoon a whipped cream mound in center of each serving dish. Arrange 4 strawberry halves, cut side down, around each whipped cream mound. Top each whipped cream mound with a honeydew round, raspberries, and a dollop of whipped cream. Top with a honeydew round, blackberries, and a dollop of whipped cream. Top with a honeydew round, sliced strawberries, and a dollop of whipped cream.
- ☐ Sprinkle with sugar.
- ☐ Garnish, if desired, and serve with Cantaloupe Sauce.
- ☐ Note: For a less formal presentation, toss bite-size sliced fruit with the sweetened whipped cream and cantaloupe sauce.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:5.71, Inflammation Score:-10, Nutrition Score:30.049130501954%

Flavonoids

Cyanidin: 92.2mg, Cyanidin: 92.2mg, Cyanidin: 92.2mg, Cyanidin: 92.2mg Petunidin: 18.9mg, Petunidin: 18.9mg, Petunidin: 18.9mg, Petunidin: 18.9mg Delphinidin: 21.92mg, Delphinidin: 21.92mg, Delphinidin: 21.92mg, Delphinidin: 21.92mg Malvidin: 40.06mg, Malvidin: 40.06mg, Malvidin: 40.06mg, Malvidin: 40.06mg Pelargonidin: 15.76mg, Pelargonidin: 15.76mg, Pelargonidin: 15.76mg Peonidin: 12.23mg, Peonidin: 12.23mg, Peonidin: 12.23mg, Peonidin: 12.23mg Catechin: 27.69mg, Catechin: 27.69mg, Catechin: 27.69mg, Catechin: 27.69mg Epigallocatechin: 1.45mg, Epigallocatechin: 1.45mg, Epigallocatechin: 1.45mg, Epigallocatechin: 1.45mg Epicatechin: 5.52mg, Epicatechin: 5.52mg, Epicatechin: 5.52mg, Epicatechin: 5.52mg Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg Epigallocatechin 3–gallate: 0.79mg, Epigallocatechin 3–gallate: 0.79mg, Epigallocatechin 3–gallate: 0.79mg, Epigallocatechin 3–gallate: 0.79mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg, Kaempferol: 1.48mg Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg, Myricetin: 1.19mg Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 801.87kcal (40.09%), Fat: 44.96g (69.17%), Saturated Fat: 27.69g (173.08%), Carbohydrates: 101.81g (33.94%), Net Carbohydrates: 87.09g (31.67%), Sugar: 83.77g (93.08%), Cholesterol: 134.66mg (44.89%), Sodium: 162.05mg (7.05%), Alcohol: 0.17g (100%), Alcohol %: 0.02% (100%), Protein: 9.22g (18.45%), Vitamin C: 184.85mg (224.06%), Manganese: 1.38mg (69.22%), Fiber: 14.72g (58.88%), Potassium: 1896.11mg (54.17%), Vitamin K: 51.43µg (48.98%), Vitamin A: 2256.25IU (45.12%), Folate: 171.52µg (42.88%), Vitamin B6: 0.71mg (35.72%), Magnesium: 108.61mg (27.15%), Vitamin B2: 0.38mg (22.3%), Vitamin B1: 0.33mg (22.28%), Vitamin B3: 3.97mg (19.84%), Vitamin E: 2.94mg (19.61%), Phosphorus: 191.34mg (19.13%), Copper: 0.38mg (19.07%), Vitamin B5: 1.8mg (18.03%), Calcium: 162.48mg (16.25%), Iron: 2.4mg (13.35%), Vitamin D: 1.9µg (12.7%), Selenium: 8.79µg (12.56%), Zinc: 1.61mg (10.7%), Vitamin B12: 0.19µg (3.19%)