



Cantaloupe Aqua Fresca with Beet Swirl



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



300 min.

SERVINGS



12

CALORIES



98 kcal

SIDE DISH

Ingredients

- ☐ 6 pound cantaloupe ripe peeled seeded chopped (12 cups)
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.3 pound beets red scrubbed
- ☐ 0.3 cup sugar divided
- ☐ 4 cups water cold divided

Equipment

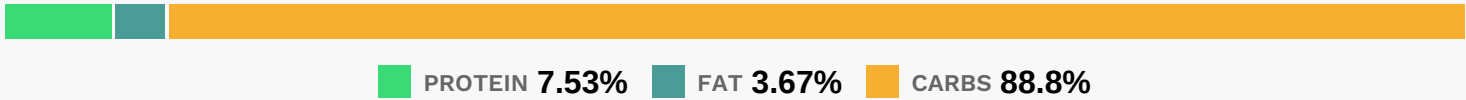
- ☐ frying pan
- ☐ oven

- ☐ knife
- ☐ blender
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425°F with rack in middle.
- ☐ Wrap beet in foil and put in a small 4-sided sheet pan, then roast until tender when pierced with a knife, 45 to 50 minutes. Unwrap and let stand until cool enough to handle.
- ☐ While beet roasts, purée cantaloupe, 3 cups water, lime juice, and 1/4 to 1/3 cup sugar (to taste) in 3 to 4 batches in a blender until very smooth, about 1 minute per batch. Chill agua fresca until cold, about 2 hours.
- ☐ Peel and chop beet, then purée with remaining cup water and remaining tablespoon sugar in cleaned blender until smooth. Chill beet purée until cold, about 2 hours.
- ☐ To serve, pour agua fresca over ice in tall glasses, then dollop 1 Tbsp beet purée on top of each drink, swirling it decoratively with a spoon.
- ☐ Agua fresca and beet purée can be made 1 day ahead and chilled separately.

Nutrition Facts



Properties

Glycemic Index:16.8, Glycemic Load:14.58, Inflammation Score:-10, Nutrition Score:10.713043549786%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 98.48kcal (4.92%), Fat: 0.44g (0.68%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 23.98g (7.99%), Net Carbohydrates: 21.89g (7.96%), Sugar: 22.75g (25.28%), Cholesterol: 0mg (0%), Sodium: 79.5mg (3.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.07%), Vitamin A: 7675.89IU (153.52%), Vitamin C: 26.7mg

(32.36%), Potassium: 392.76mg (11.22%), Copper: 0.21mg (10.71%), Folate: 42.56µg (10.64%), Fiber: 2.1g (8.4%), Magnesium: 32.85mg (8.21%), Vitamin B3: 1.61mg (8.06%), Vitamin B1: 0.12mg (7.69%), Zinc: 1.04mg (6.96%), Manganese: 0.13mg (6.26%), Vitamin K: 6.17µg (5.88%), Selenium: 3.95µg (5.65%), Iron: 0.94mg (5.24%), Vitamin B6: 0.1mg (4.95%), Phosphorus: 43.04mg (4.3%), Vitamin B2: 0.07mg (3.92%), Vitamin B5: 0.26mg (2.59%), Calcium: 25.04mg (2.5%)