



Cantaloupe-Bacon Relish

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 cups cantaloupe diced finely
- ☐ 5 bacon crumbled cooked
- ☐ 0.5 cup cucumber diced seeded
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 green onion minced
- ☐ 0.3 teaspoon pepper
- ☐ 2 tsp red wine vinegar

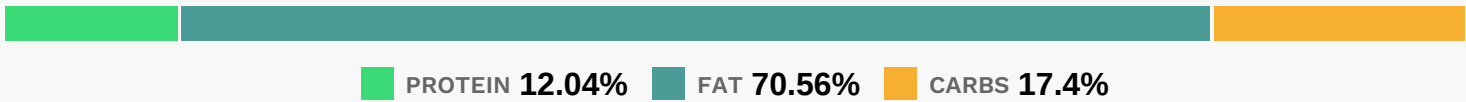
☐ 1 pinch salt

Equipment

Directions

- ☐ Combine all ingredients.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.32, Glycemic Load:0.62, Inflammation Score:-3, Nutrition Score:1.2552173962088%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 26.74kcal (1.34%), Fat: 2.13g (3.28%), Saturated Fat: 0.44g (2.76%), Carbohydrates: 1.18g (0.39%), Net Carbohydrates: 1.02g (0.37%), Sugar: 1.01g (1.12%), Cholesterol: 1.98mg (0.66%), Sodium: 39.45mg (1.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Vitamin A: 425.71IU (8.51%), Vitamin K: 2.69µg (2.56%), Vitamin C: 1.61mg (1.95%), Selenium: 1.23µg (1.75%), Vitamin B3: 0.3mg (1.51%), Vitamin E: 0.22mg (1.47%), Vitamin B1: 0.02mg (1.24%), Phosphorus: 10.98mg (1.1%), Potassium: 36.96mg (1.06%)