



Cantaloupe Curls with Spiced Wine



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cantaloupe chilled ripe
- ☐ 1 cup wine dry red
- ☐ 1 teaspoon mustard seeds
- ☐ 1 teaspoon peppercorns crushed
- ☐ 2 tablespoons sugar
- ☐ 1 bay leaves

Equipment

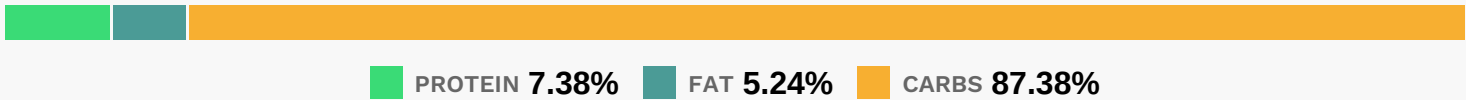
- ☐ bowl

- ☐ sauce pan
- ☐ ice cream scoop

Directions

- ☐ Simmer all ingredients except cantaloupes in a 1-quart heavy saucepan until reduced to about 1/4 cup, 10 to 15 minutes.
- ☐ Remove from heat and cool in saucepan set in a bowl of ice and cold water. Discard bay leaf.
- ☐ Halve each cantaloupe and discard seeds. Scoop out curls from melon halves with an ice cream scoop (not one with a lever), then divide curls among 4 bowls along with any juices. Just before serving, drizzle each serving with about 1 tablespoon cooled spiced wine.
- ☐ Spiced wine can be made 1 week ahead and chilled in an airtight container.

Nutrition Facts



Properties

Glycemic Index:42.4, Glycemic Load:18.04, Inflammation Score:-10, Nutrition Score:12.288260936737%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg, Luteolin: 1.79mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 173.39kcal (8.67%), Fat: 0.83g (1.27%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 30.99g (10.33%), Net Carbohydrates: 28.41g (10.33%), Sugar: 27.79g (30.88%), Cholesterol: 0mg (0%), Sodium: 83.18mg (3.62%), Alcohol: 6.3g (100%), Alcohol %: 2.32% (100%), Protein: 2.62g (5.23%), Vitamin A: 9342.12IU (186.84%), Vitamin C: 30.15mg (36.54%), Manganese: 0.27mg (13.7%), Potassium: 453.73mg (12.96%), Copper: 0.25mg (12.73%), Fiber: 2.58g (10.34%), Magnesium: 40.57mg (10.14%), Folate: 40.09µg (10.02%), Vitamin B3: 1.96mg (9.82%), Vitamin B1: 0.14mg (9.5%), Selenium: 6.34µg (9.06%), Vitamin K: 9.29µg (8.85%), Zinc: 1.27mg (8.5%), Iron: 1.24mg (6.88%), Vitamin B6: 0.12mg (5.85%), Phosphorus: 54.9mg (5.49%), Vitamin B2: 0.08mg (4.69%), Calcium: 31.98mg (3.2%),

Vitamin B5: 0.31mg (3.11%), Vitamin E: 0.19mg (1.25%)