



Cantaloupe Gelato



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



623 kcal

DESSERT

Ingredients

- ☐ 3 pounds cantaloupe
- ☐ 1 tablespoon egg whites lightly beaten
- ☐ 1 cup caster sugar
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 cup water filtered (not distilled)

Equipment

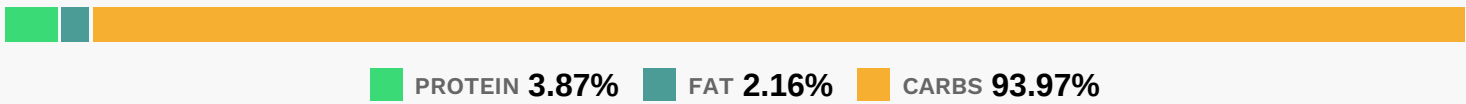
- ☐ food processor
- ☐ bowl

☐ sauce pan

Directions

- ☐ In a small heavy saucepan heat sugar and water, stirring until sugar is dissolved. Cool syrup.
- ☐ Cut rind from melon and discard seeds.
- ☐ Cut melon into chunks and in a food processor purée enough to measure 2 cups.
- ☐ Transfer purée to a bowl and stir in syrup and lemon juice. Chill melon mixture until cold and up to 1 day.
- ☐ Stir in egg white and freeze in an ice-cream maker.
- ☐ Serve gelato immediately or transfer to an airtight container and put in freezer to harden no more than 3 hours.

Nutrition Facts



Properties

Glycemic Index:68.8, Glycemic Load:103.61, Inflammation Score:-10, Nutrition Score:22.442173951994%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 4.35mg, Luteolin: 4.35mg, Luteolin: 4.35mg, Luteolin: 4.35mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 623.48kcal (31.17%), Fat: 1.59g (2.45%), Saturated Fat: 0.35g (2.21%), Carbohydrates: 156.21g (52.07%), Net Carbohydrates: 150.72g (54.81%), Sugar: 153.85g (170.94%), Cholesterol: 0mg (0%), Sodium: 220.5mg (9.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.44g (12.88%), Vitamin A: 23011.64IU (460.23%), Vitamin C: 79.97mg (96.93%), Potassium: 1097.71mg (31.36%), Copper: 0.6mg (29.94%), Folate: 98.55µg (24.64%), Vitamin B3: 4.74mg (23.72%), Magnesium: 90.76mg (22.69%), Vitamin B1: 0.34mg (22.49%), Fiber: 5.49g (21.95%), Zinc: 3.02mg (20.13%), Selenium: 13.66µg (19.51%), Vitamin K: 18.37µg (17.5%), Iron: 2.65mg (14.74%), Manganese: 0.29mg (14.28%), Vitamin B2: 0.24mg (13.97%), Vitamin B6: 0.28mg (13.97%), Phosphorus: 117.98mg (11.8%), Vitamin B5: 0.75mg (7.48%), Calcium: 65.43mg (6.54%), Vitamin E: 0.36mg (2.42%)