



Cantaloupe Melon Cups



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



259 kcal

SIDE DISH

Ingredients

- ☐ 2 bananas sliced
- ☐ 1 cup blueberries fresh
- ☐ 3 cantaloupes seeded cut into halves and , leaving a 1-inch shell
- ☐ 0.5 cup commercial cream sour
- ☐ 0.3 teaspoon mustard dry
- ☐ 2 tablespoons honey
- ☐ 1 teaspoon juice of lemon
- ☐ 1 tablespoon orange juice

- ☐ 0.5 teaspoon orange rind grated
- ☐ 1 Dash salt
- ☐ 1 pint strawberries whole hulled sliced

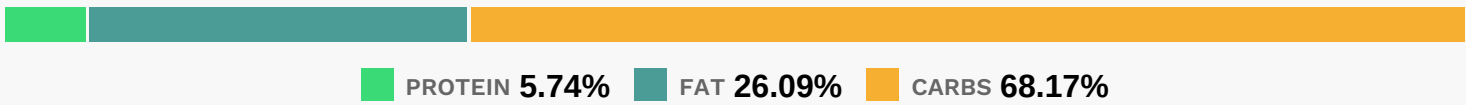
Equipment

- ☐ mixing bowl

Directions

- ☐ Combine sour cream, honey, orange rind and juice, lemon juice, mustard, and salt in a small mixing bowl, stirring well. Cover and chill mixture at least 1 hour.
- ☐ Cut away a small slice from bottom of each cantaloupe half so melon cups will sit upright. Arrange sliced strawberries, bananas, and blueberries in each melon cup. Chill.
- ☐ Pour honey sauce over fruit before serving.

Nutrition Facts



Properties

Glycemic Index:51.09, Glycemic Load:24.21, Inflammation Score:-10, Nutrition Score:19.294782607452%

Flavonoids

Cyanidin: 3.41mg, Cyanidin: 3.41mg, Cyanidin: 3.41mg, Cyanidin: 3.41mg Petunidin: 7.86mg, Petunidin: 7.86mg, Petunidin: 7.86mg, Petunidin: 7.86mg Delphinidin: 8.98mg, Delphinidin: 8.98mg, Delphinidin: 8.98mg, Delphinidin: 8.98mg Malvidin: 16.68mg, Malvidin: 16.68mg, Malvidin: 16.68mg, Malvidin: 16.68mg Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg, Pelargonidin: 19.6mg Peonidin: 5.04mg, Peonidin: 5.04mg, Peonidin: 5.04mg, Peonidin: 5.04mg Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg, Catechin: 6.16mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg, Hesperetin: 0.46mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 1.82mg, Luteolin: 1.82mg, Luteolin: 1.82mg, Luteolin: 1.82mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

Quercetin: 2.83mg, Quercetin: 2.83mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 258.9kcal (12.94%), Fat: 8.14g (12.53%), Saturated Fat: 4.77g (29.8%), Carbohydrates: 47.87g (15.96%), Net Carbohydrates: 42.42g (15.43%), Sugar: 39.45g (43.83%), Cholesterol: 22.41mg (7.47%), Sodium: 96.38mg (4.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.03g (8.07%), Vitamin A: 9680.27IU (193.61%), Vitamin C: 84.4mg (102.3%), Manganese: 0.62mg (30.75%), Fiber: 5.45g (21.8%), Potassium: 743.76mg (21.25%), Folate: 69.05µg (17.26%), Copper: 0.32mg (16.2%), Vitamin B6: 0.32mg (15.77%), Magnesium: 60.47mg (15.12%), Vitamin K: 14.79µg (14.08%), Vitamin B3: 2.62mg (13.12%), Vitamin B1: 0.18mg (12.2%), Vitamin B2: 0.17mg (10.12%), Zinc: 1.49mg (9.96%), Phosphorus: 90.52mg (9.05%), Selenium: 6.26µg (8.94%), Iron: 1.61mg (8.93%), Vitamin B5: 0.61mg (6.14%), Calcium: 55.27mg (5.53%), Vitamin E: 0.74mg (4.91%), Vitamin D: 0.32µg (2.12%)