



Cantaloupe Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



31 kcal

SAUCE

Ingredients

- ☐ 2 cups cantaloupe fresh chopped
- ☐ 2 tablespoons melon liqueur
- ☐ 2 tablespoons orange juice
- ☐ 1 tablespoon sugar

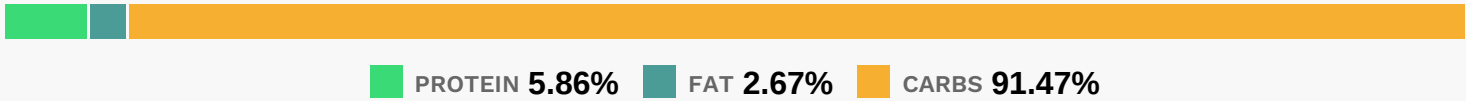
Equipment

- ☐ blender

Directions

- ☐ Process all ingredients in a blender until smooth, stopping once to scrape down sides. Chill, if desired.
- ☐ Note: To omit melon liqueur, increase orange juice to 1/4 cup.

Nutrition Facts



Properties

Glycemic Index:23.7, Glycemic Load:3.26, Inflammation Score:-7, Nutrition Score:2.3821738925965%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 31.3kcal (1.57%), Fat: 0.09g (0.13%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 6.58g (2.19%), Net Carbohydrates: 6.25g (2.27%), Sugar: 6.37g (7.08%), Cholesterol: 0mg (0%), Sodium: 12.06mg (0.52%), Alcohol: 0.63g (100%), Alcohol %: 1.6% (100%), Protein: 0.42g (0.84%), Vitamin A: 1361.3IU (27.23%), Vitamin C: 6.49mg (7.86%), Potassium: 71.33mg (2.04%), Copper: 0.04mg (1.8%), Folate: 6.88µg (1.72%), Vitamin B1: 0.02mg (1.56%), Vitamin B3: 0.29mg (1.47%), Magnesium: 5.67mg (1.42%), Fiber: 0.33g (1.31%), Zinc: 0.18mg (1.19%), Vitamin K: 1.08µg (1.03%)