



Cantaloupe Soup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



41 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large cantaloupe chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1.5 teaspoons juice of lime fresh
- ☐ 3 cups orange juice
- ☐ 0.3 teaspoon salt

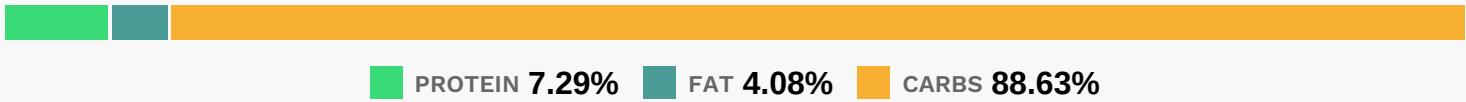
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Process all ingredients, in batches, in a blender until smooth, stopping to scrape down sides as needed.
- ☐ Transfer to a large bowl. Cover and chill at least 3 hours or up to 3 days. Stir just before serving.

Nutrition Facts



Properties

Glycemic Index:8.3, Glycemic Load:5.33, Inflammation Score:-8, Nutrition Score:5.2395651897658%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 5.97mg, Hesperetin: 5.97mg, Hesperetin: 5.97mg, Hesperetin: 5.97mg Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg, Naringenin: 1.06mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 41.06kcal (2.05%), Fat: 0.2g (0.3%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 9.68g (3.23%), Net Carbohydrates: 9.11g (3.31%), Sugar: 8.45g (9.39%), Cholesterol: 0mg (0%), Sodium: 55.55mg (2.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.8g (1.59%), Vitamin A: 1934.95IU (38.7%), Vitamin C: 30.87mg (37.42%), Folate: 22.53µg (5.63%), Potassium: 185.28mg (5.29%), Vitamin B1: 0.07mg (4.76%), Copper: 0.07mg (3.42%), Magnesium: 12.59mg (3.15%), Vitamin B3: 0.58mg (2.88%), Fiber: 0.57g (2.28%), Vitamin B6: 0.04mg (2.09%), Manganese: 0.04mg (2.05%), Phosphorus: 17.77mg (1.78%), Zinc: 0.27mg (1.77%), Vitamin B2: 0.03mg (1.74%), Iron: 0.31mg (1.73%), Vitamin B5: 0.15mg (1.52%), Vitamin K: 1.54µg (1.47%), Selenium: 0.97µg (1.39%), Calcium: 11.1mg (1.11%)