



Cantaloupe Soup with Mint



Vegetarian



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



52 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 lb cantaloupe
- ☐ 1.5 tablespoons mint leaves fresh finely chopped for garnish, optional
- ☐ 0.3 cup honey
- ☐ 0.5 cup orange juice

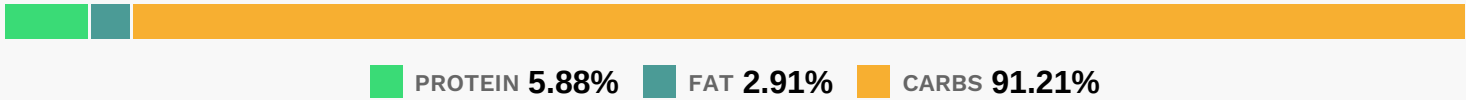
Equipment

- ☐ bowl
- ☐ whisk
- ☐ blender

Directions

- ☐ Halve melon, scoop out seeds and remove rind.
- ☐ Cut flesh into large chunks. (You should have about 6 cups.)
- ☐ Working in batches if necessary, combine cantaloupe, honey and orange juice in a blender. Pulse or blend until smooth.
- ☐ Transfer to a large bowl, cover and refrigerate until thoroughly chilled, at least 2 hours.
- ☐ Just before serving, briskly whisk soup and stir in mint.
- ☐ Serve very cold, garnished with sprigs of mint, if desired.

Nutrition Facts



Properties

Glycemic Index:11.45, Glycemic Load:7.37, Inflammation Score:-9, Nutrition Score:5.4734781695449%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 1.04mg, Hesperetin: 1.04mg, Hesperetin: 1.04mg, Hesperetin: 1.04mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 52.09kcal (2.6%), Fat: 0.18g (0.28%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 12.99g (4.33%), Net Carbohydrates: 12.2g (4.44%), Sugar: 12.48g (13.87%), Cholesterol: 0mg (0%), Sodium: 27.68mg (1.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.84g (1.67%), Vitamin A: 3105.87IU (62.12%), Vitamin C: 14.21mg (17.22%), Potassium: 164.74mg (4.71%), Copper: 0.08mg (4.22%), Folate: 15.86µg (3.97%), Vitamin B1: 0.05mg (3.49%), Vitamin B3: 0.68mg (3.39%), Magnesium: 13.22mg (3.3%), Fiber: 0.79g (3.17%), Zinc: 0.42mg (2.81%), Manganese: 0.05mg (2.44%), Vitamin K: 2.46µg (2.34%), Selenium: 1.6µg (2.28%), Iron: 0.41mg (2.28%), Vitamin B6: 0.04mg (2.08%), Vitamin B2: 0.03mg (1.79%), Phosphorus: 17.42mg (1.74%), Vitamin B5: 0.12mg (1.16%), Calcium: 10.63mg (1.06%)