



Cantaloupe with Raspberry-Poppy Seed Dressing

 Vegetarian  Gluten Free  Dairy Free

READY IN



6 min.

SERVINGS



6

CALORIES



52 kcal

SIDE DISH

Ingredients

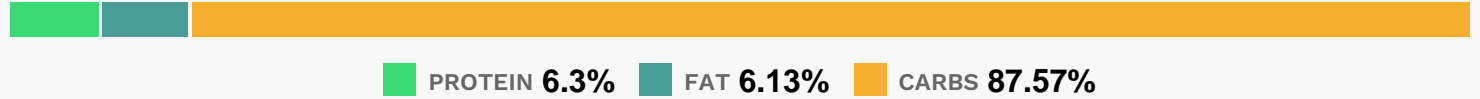
- 1 medium cantaloupe
- 1.5 tablespoons honey
- 1 teaspoon poppy seeds
- 0.3 cup raspberry wine vinegar

Equipment

Directions

- Cut 1 medium cantaloupe into 6 slices.
- Combine 1/4 cup raspberry wine vinegar, 1 1/2 tablespoons honey, and 1 teaspoon poppy seeds, stirring well; drizzle evenly over cantaloupe.

Nutrition Facts



Properties

Glycemic Index:20.8, Glycemic Load:6.83, Inflammation Score:-9, Nutrition Score:5.359999972841%

Flavonoids

Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg, Luteolin: 0.59mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 51.76kcal (2.59%), Fat: 0.37g (0.57%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 12g (4%), Net Carbohydrates: 11.16g (4.06%), Sugar: 11.57g (12.86%), Cholesterol: 0mg (0%), Sodium: 28.74mg (1.25%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.86g (1.73%), Vitamin A: 3111.44IU (62.23%), Vitamin C: 10.11mg (12.25%), Copper: 0.09mg (4.46%), Potassium: 154.65mg (4.42%), Manganese: 0.08mg (4%), Magnesium: 14.2mg (3.55%), Fiber: 0.84g (3.38%), Folate: 13.4µg (3.35%), Vitamin B1: 0.05mg (3.29%), Vitamin B3: 0.65mg (3.25%), Zinc: 0.46mg (3.06%), Iron: 0.47mg (2.58%), Selenium: 1.67µg (2.39%), Vitamin K: 2.48µg (2.37%), Phosphorus: 21mg (2.1%), Vitamin B6: 0.04mg (1.96%), Calcium: 16.38mg (1.64%), Vitamin B2: 0.03mg (1.61%), Vitamin B5: 0.1mg (1.02%)