



Chilled Honeydew Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



121 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon honey
- 5 cups wedges honeydew melon cubed peeled ()
- 2 tablespoons juice of lime fresh
- 1 teaspoon lime rind grated
- 0.5 cup orange juice
- 0.3 cup white wine sweet

Equipment

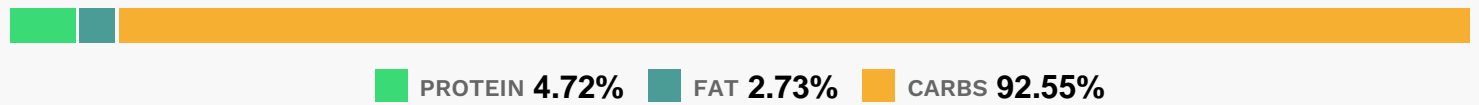
- food processor

bowl

Directions

- Place melon in a food processor; process until smooth, scraping down sides of bowl occasionally.
- Transfer melon to a large bowl.
- Stir in orange juice and next 3 ingredients. Cover and chill at least 15 minutes.
- Garnish with grated lime rind.

Nutrition Facts



Properties

Glycemic Index:37.82, Glycemic Load:3.97, Inflammation Score:-5, Nutrition Score:7.3969563802947%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 4.65mg, Hesperetin: 4.65mg, Hesperetin: 4.65mg, Hesperetin: 4.65mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 120.74kcal (6.04%), Fat: 0.37g (0.56%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 27.94g (9.31%), Net Carbohydrates: 26.12g (9.5%), Sugar: 24.45g (27.16%), Cholesterol: 0mg (0%), Sodium: 39.68mg (1.73%), Alcohol: 1.54g (100%), Alcohol %: 0.72% (100%), Protein: 1.43g (2.85%), Vitamin C: 56.17mg (68.09%), Potassium: 569.16mg (16.26%), Folate: 50.72µg (12.68%), Vitamin B6: 0.21mg (10.56%), Vitamin B1: 0.11mg (7.43%), Fiber: 1.82g (7.27%), Magnesium: 26.9mg (6.72%), Vitamin K: 6.3µg (6%), Vitamin B3: 1.05mg (5.23%), Manganese: 0.08mg (4.24%), Vitamin B5: 0.41mg (4.09%), Copper: 0.07mg (3.47%), Vitamin A: 172.25IU (3.44%), Phosphorus: 32.69mg (3.27%), Iron: 0.5mg (2.75%), Vitamin B2: 0.04mg (2.37%), Selenium: 1.59µg (2.26%), Calcium: 19.04mg (1.9%), Zinc: 0.24mg (1.62%)