

# Chilled Melon Soup

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



80 kcal

SOUP

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 medium cantaloupe cubed peeled seeded
- 0.1 teaspoon ground pepper
- 0.3 teaspoon nutmeg
- 1 tablespoon honey
- 6 mint leaves
- 0.8 cup orange juice
- 8 ounces yogurt plain
- 0.3 teaspoon salt

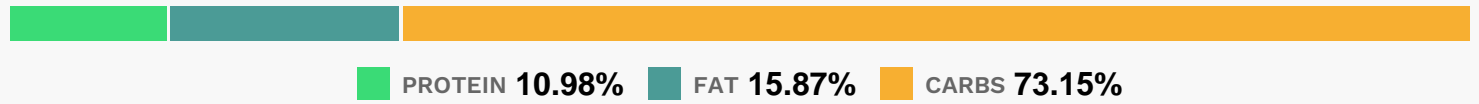
# Equipment

blender

# Directions

- Place the orange juice, yogurt and cantaloupe in a blender; cover and process until pureed.
- Add the honey, salt, nutmeg and cayenne; cover and process until smooth. Refrigerate for at least 1 hour before serving.
- Garnish with mint sprigs.

# Nutrition Facts



# Properties

Glycemic Index:48.8, Glycemic Load:8.07, Inflammation Score:-9, Nutrition Score:7.7469564676285%

# Flavonoids

Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg, Eriodictyol: 0.36mg Hesperetin: 3.81mg, Hesperetin: 3.81mg, Hesperetin: 3.81mg, Hesperetin: 3.81mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg, Luteolin: 0.72mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

# Nutrients (% of daily need)

Calories: 80.2kcal (4.01%), Fat: 1.5g (2.31%), Saturated Fat: 0.87g (5.45%), Carbohydrates: 15.59g (5.2%), Net Carbohydrates: 14.68g (5.34%), Sugar: 14.52g (16.13%), Cholesterol: 4.91mg (1.64%), Sodium: 142.67mg (6.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Vitamin A: 3270.76IU (65.42%), Vitamin C: 26.09mg (31.62%), Potassium: 273.69mg (7.82%), Folate: 26.14µg (6.54%), Calcium: 60.34mg (6.03%), Phosphorus: 57.99mg (5.8%), Vitamin B1: 0.09mg (5.68%), Vitamin B2: 0.09mg (5.43%), Magnesium: 20.99mg (5.25%), Copper: 0.1mg (5.04%), Zinc: 0.67mg (4.43%), Vitamin B3: 0.82mg (4.08%), Fiber: 0.91g (3.65%), Selenium: 2.46µg (3.51%), Vitamin B6: 0.06mg (3.23%), Manganese: 0.06mg (3.08%), Vitamin B5: 0.31mg (3.08%), Iron: 0.5mg (2.79%), Vitamin K: 2.62µg (2.5%), Vitamin B12: 0.14µg (2.33%)