



Chilled Melon Soup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



183 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup firmly brown sugar divided packed
- ☐ 3 cups cantaloupe cubed peeled
- ☐ 3 cups wedges honeydew melon cubed peeled
- ☐ 4 teaspoons juice of lime fresh divided
- ☐ 0.8 cup strawberries sliced
- ☐ 0.3 cup vodka divided

Equipment

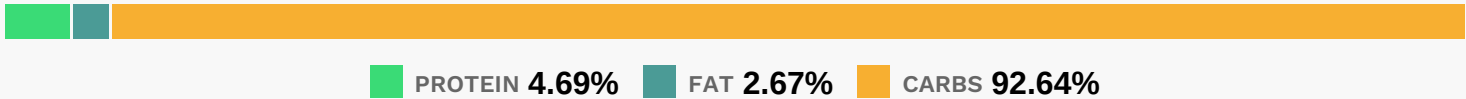
- ☐ bowl

☐ blender

Directions

- ☐ Place honeydew in blender, and process until smooth; pour into a bowl.
- ☐ Place cantaloupe in blender, and process until smooth; pour into a bowl. To each bowl of pured melon, add 2 tablespoons vodka, 2 tablespoons sugar, and 2 teaspoons lime juice; stir well. Cover and chill.
- ☐ Place strawberries in blender; process until smooth.
- ☐ Pour into a bowl; cover and chill.
- ☐ To serve, pour 1/2 cup of cantaloupe mixture into each of 4 individual bowls; pour 1/2 cup of honeydew mixture in center of cantaloupe mixture. Dollop each serving with 2 tablespoons of pured strawberries; swirl decoratively with a wooden pick.

Nutrition Facts



Properties

Glycemic Index:30.63, Glycemic Load:6.57, Inflammation Score:-10, Nutrition Score:11.851304391156%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 183.49kcal (9.17%), Fat: 0.48g (0.74%), Saturated Fat: 0.11g (0.71%), Carbohydrates: 37.37g (12.46%), Net Carbohydrates: 34.83g (12.66%), Sugar: 34.55g (38.39%), Cholesterol: 0mg (0%), Sodium: 63.32mg (2.75%), Alcohol: 5.01g (100%), Alcohol %: 2.06% (100%), Protein: 1.89g (3.78%), Vitamin A: 4127.89IU (82.56%), Vitamin C: 53.41mg (64.73%), Potassium: 544.7mg (15.56%), Folate: 48.14µg (12.04%), Fiber: 2.54g (10.16%), Manganese: 0.2mg (9.88%), Vitamin B6: 0.18mg (9.02%), Magnesium: 33.5mg (8.37%), Copper: 0.15mg (7.74%), Vitamin B1: 0.12mg (7.72%), Vitamin B3: 1.49mg (7.46%), Vitamin K: 7.56µg (7.2%), Iron: 0.89mg (4.93%), Zinc: 0.69mg (4.59%), Selenium: 3.21µg (4.59%), Phosphorus: 42.9mg (4.29%), Vitamin B5: 0.38mg (3.82%), Calcium: 34.88mg (3.49%), Vitamin B2: 0.06mg (3.26%), Vitamin E: 0.17mg (1.17%)