

Chilly Melon Cups

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



18

CALORIES



242 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups cantaloupe balls
- 2 cups wedges honeydew melon
- 0.5 cup lemonade concentrate thawed
- 0.5 cup orange juice concentrate thawed
- 2 cups pineapple chunks
- 2 cups raspberries fresh
- 1 cup sugar
- 1 cup water

4 cups meatballs

Equipment

bowl

aluminum foil

muffin liners

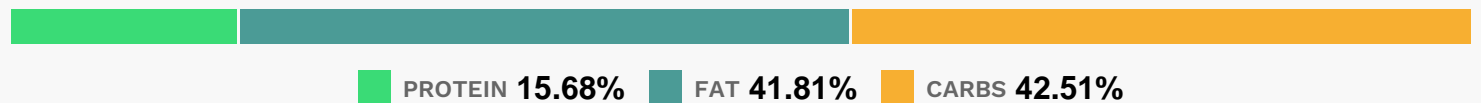
Directions

In a large bowl, combine the water, sugar and concentrates; stir until sugar is dissolved.

Add fruit and stir gently to coat. Spoon into foil-lined muffin cups or 3-oz. plastic cups. Freeze for up to 3 months.

Before serving, thaw overnight in the refrigerator or let stand at room temperature for 30-45 minutes or until slushy.

Nutrition Facts



Properties

Glycemic Index:9.09, Glycemic Load:8.92, Inflammation Score:-6, Nutrition Score:9.0752173506695%

Flavonoids

Cyanidin: 6.1mg, Cyanidin: 6.1mg, Cyanidin: 6.1mg, Cyanidin: 6.1mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 241.8kcal (12.09%), Fat: 11.42g (17.57%), Saturated Fat: 4.17g (26.04%), Carbohydrates: 26.12g (8.71%), Net Carbohydrates: 24.51g (8.91%), Sugar: 23.78g (26.42%), Cholesterol: 37.85mg (12.62%), Sodium: 40.92mg (1.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.64g (19.27%), Vitamin B1: 0.46mg (30.38%), Vitamin C: 24.18mg (29.3%), Selenium: 13.66µg (19.51%), Vitamin A: 725.69IU (14.51%), Vitamin B6: 0.27mg (13.74%), Vitamin B3: 2.74mg (13.72%), Phosphorus: 108.41mg (10.84%), Potassium: 332.14mg (9.49%), Vitamin B2: 0.16mg (9.27%), Zinc: 1.36mg (9.07%), Fiber: 1.62g (6.46%), Magnesium: 24.66mg (6.17%), Vitamin B12: 0.37µg (6.13%), Manganese: 0.11mg (5.64%), Vitamin B5: 0.5mg (4.97%), Folate: 19.62µg (4.9%), Copper: 0.09mg (4.67%), Iron: 0.77mg (4.29%), Vitamin K: 2.35µg (2.24%), Calcium: 21.77mg (2.18%), Vitamin E: 0.19mg (1.25%)