



Citrusy Melon And Strawberry Cup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



175 kcal

Ingredients



1.5 cups bite-size cantaloupe chunks fresh



1.5 cups bite-size honeydew melon chunks fresh



1 tablespoon juice of lemon



3 tablespoons orange juice concentrate frozen thawed



1 cup strawberries fresh halved



1 tablespoon sugar

Equipment

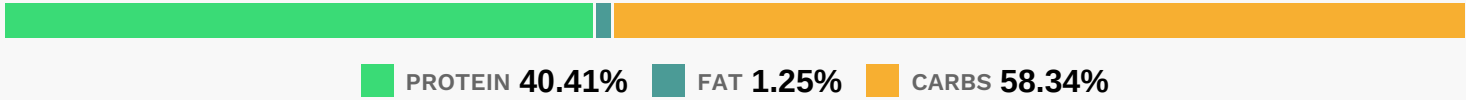


bowl

Directions

- ☐ Combine first 3 ingredients in a large bowl; stir well.
- ☐ Add remaining ingredients; stir gently.

Nutrition Facts



Properties

Glycemic Index:27.52, Glycemic Load:2.91, Inflammation Score:-4, Nutrition Score:7.7721739204034%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 175.22kcal (8.76%), Fat: 0.24g (0.37%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 25.52g (8.51%), Net Carbohydrates: 18.56g (6.75%), Sugar: 17.52g (19.47%), Cholesterol: 0mg (0%), Sodium: 15.56mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.67g (35.35%), Vitamin C: 50.17mg (60.82%), Fiber: 6.95g (27.82%), Iron: 4.06mg (22.53%), Calcium: 125.65mg (12.57%), Manganese: 0.16mg (8.1%), Potassium: 274.11mg (7.83%), Folate: 30.04µg (7.51%), Vitamin B6: 0.1mg (5.18%), Vitamin B1: 0.06mg (4.28%), Magnesium: 15.16mg (3.79%), Vitamin B3: 0.53mg (2.65%), Vitamin K: 2.69µg (2.56%), Phosphorus: 22.72mg (2.27%), Vitamin B2: 0.04mg (2.12%), Vitamin B5: 0.21mg (2.11%), Copper: 0.04mg (2%), Vitamin A: 78.45IU (1.57%), Vitamin E: 0.19mg (1.26%)