



Cool and Refreshing Cantaloupe Drink



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



108 kcal

SIDE DISH

Ingredients

- ☐ 1 cantaloupe halved seeded
- ☐ 2 cups milk
- ☐ 6 cups water cold as needed
- ☐ 0.5 cup sugar white to taste

Equipment

Directions

- ☐ Shred the cantaloupe into a large pitcher using a fork, making sure to catch all the juice and pulp. Stir in the sugar, mashing any large pieces of cantaloupe. Stir in the milk and water, adding enough to fill the pitcher.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:21.95, Glycemic Load:13.24, Inflammation Score:-9, Nutrition Score:5.88608700037%

Flavonoids

Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 108.18kcal (5.41%), Fat: 2.12g (3.26%), Saturated Fat: 1.17g (7.31%), Carbohydrates: 20.93g (6.98%), Net Carbohydrates: 20.38g (7.41%), Sugar: 20.85g (23.16%), Cholesterol: 7.32mg (2.44%), Sodium: 52.88mg (2.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.57g (5.13%), Vitamin A: 2432.4IU (48.65%), Vitamin C: 7.52mg (9.12%), Calcium: 86.69mg (8.67%), Phosphorus: 73.34mg (7.33%), Vitamin B2: 0.11mg (6.19%), Potassium: 200.08mg (5.72%), Vitamin B12: 0.33µg (5.49%), Vitamin B1: 0.07mg (4.53%), Magnesium: 18.06mg (4.52%), Vitamin D: 0.67µg (4.47%), Copper: 0.09mg (4.43%), Zinc: 0.57mg (3.82%), Selenium: 2.41µg (3.44%), Vitamin B6: 0.06mg (3.24%), Vitamin B5: 0.3mg (3%), Vitamin B3: 0.54mg (2.71%), Folate: 9.66µg (2.41%), Fiber: 0.55g (2.21%), Vitamin K: 2.05µg (1.95%), Manganese: 0.03mg (1.56%), Iron: 0.27mg (1.49%)