



Cool Honeydew-Mint Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



69 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup mint leaves fresh loosely packed
- 1 tablespoon honey
- 2 pound wedges honeydew melon peeled seeded cut into 1-inch pieces
- 0.3 cup juice of lime fresh (3 limes)
- 0.1 teaspoon salt

Equipment

- bowl
- ladle

blender

Directions

- Combine 1 cup honeydew melon, 1/4 cup loosely packed fresh mint leaves, fresh lime juice, and honey in a blender; process until smooth.
- Add remaining melon and salt; process until smooth.
- Transfer melon mixture to a bowl; cover and chill at least 1 hour. Ladle about 3/4 cup soup into each of 6 bowls; garnish each serving with 1 thin lime slice and 1 thinly sliced mint leaf, if desired.

Nutrition Facts



Properties

Glycemic Index:8.71, Glycemic Load:1.5, Inflammation Score:-3, Nutrition Score:4.6226087588331%

Flavonoids

Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.8mg,
Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg,
Hesperetin: 1.1mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin:
0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg,
Luteolin: 0.24mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 68.9kcal (3.45%), Fat: 0.24g (0.36%), Saturated Fat: 0.06g (0.39%), Carbohydrates: 17.76g (5.92%), Net Carbohydrates: 16.35g (5.95%), Sugar: 15.32g (17.02%), Cholesterol: 0mg (0%), Sodium: 76.59mg (3.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.94g (1.88%), Vitamin C: 30.85mg (37.4%), Potassium: 369.03mg (10.54%), Folate: 31.94µg (7.99%), Vitamin B6: 0.14mg (7.01%), Fiber: 1.41g (5.63%), Magnesium: 17.5mg (4.37%), Vitamin K: 4.45µg (4.23%), Vitamin B1: 0.06mg (4.1%), Vitamin B3: 0.68mg (3.41%), Manganese: 0.07mg (3.38%), Vitamin A: 160.29IU (3.21%), Vitamin B5: 0.26mg (2.55%), Copper: 0.05mg (2.32%), Iron: 0.38mg (2.09%), Phosphorus: 19.55mg (1.96%), Selenium: 1.1µg (1.57%), Vitamin B2: 0.03mg (1.53%), Calcium: 15.28mg (1.53%), Zinc: 0.17mg (1.15%)