



Cornucopia of Summer Fruits (Crowd Size)

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



24

CALORIES



124 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 medium watermelon
- 12 cups fruit fresh assorted sliced
- 1 serving mint leaves fresh

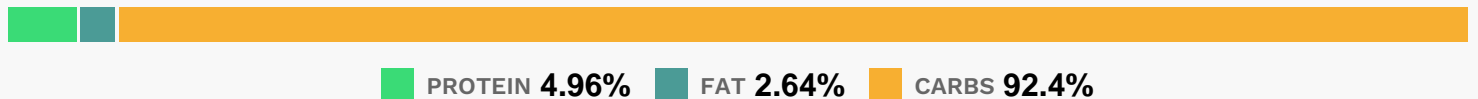
Equipment

- knife

Directions

- Cut off one-fourth of 1 end of watermelon at an angle, using sharp knife, so remaining watermelon is shaped like a cornucopia. Cover and refrigerate end portion to use as desired.
- Cut thin slice from bottom of watermelon to keep it from tipping. Scoop out watermelon, leaving 1/2- to 1-inch shell; reserve watermelon chunks.
- Drain shell.
- Cut edge of open end of watermelon shell in a decorative pattern. Cover and refrigerate watermelon shell up to 24 hours.
- Fill watermelon shell with watermelon chunks (cut into bite-size pieces) and other fresh fruit just before serving, allowing fruit to cascade out end of shell.
- Garnish with mint leaves.

Nutrition Facts



Properties

Glycemic Index:3.11, Glycemic Load:10.01, Inflammation Score:-7, Nutrition Score:5.7986957456755%

Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg

Nutrients (% of daily need)

Calories: 123.82kcal (6.19%), Fat: 0.4g (0.62%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 31.52g (10.51%), Net Carbohydrates: 28.87g (10.5%), Sugar: 24.96g (27.73%), Cholesterol: 0mg (0%), Sodium: 7.81mg (0.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.38%), Vitamin A: 1426.52IU (28.53%), Vitamin C: 17.81mg (21.59%), Fiber: 2.65g (10.6%), Potassium: 315.7mg (9.02%), Copper: 0.17mg (8.39%), Magnesium: 24.71mg (6.18%), Vitamin K: 5.64µg (5.37%), Manganese: 0.1mg (5.19%), Vitamin B6: 0.1mg (5.17%), Vitamin B1: 0.08mg (5.08%), Vitamin B5: 0.46mg (4.63%), Iron: 0.82mg (4.55%), Vitamin B2: 0.07mg (4%), Vitamin B3: 0.8mg (3.99%), Phosphorus: 34.88mg (3.49%), Folate: 8.04µg (2.01%), Zinc: 0.29mg (1.96%), Calcium: 19.15mg (1.92%), Selenium: 0.75µg (1.07%)