

Eskimo Cubes for Summer

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



260 min.

SERVINGS



16

CALORIES



44 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.5 cups cantaloupe cubed
- 2.5 cups wedges honeydew melon cubed
- 1 tablespoon juice of lemon
- 1 cup raspberries frozen thawed
- 1 cup strawberries frozen thawed
- 2.5 cups watermelon cubed seeded
- 0.3 cup granulated sugar white

Equipment

- blender
- aluminum foil

Directions

- Blend the watermelon, cantaloupe, honeydew, raspberries, strawberries, sugar, and lemon juice in a blender until smooth.
- Pour the blended fruit juice into molds and cover with aluminum foil; poke a stick into the center. Store in freezer until frozen through, about 4 hours.

Nutrition Facts

PROTEIN 5.34% **FAT 3.82%** **CARBS 90.84%**

Properties

Glycemic Index:17.39, Glycemic Load:5, Inflammation Score:-6, Nutrition Score:3.6056522208711%

Flavonoids

Cyanidin: 3.58mg, Cyanidin: 3.58mg, Cyanidin: 3.58mg, Cyanidin: 3.58mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 2.31mg, Pelargonidin: 2.31mg, Pelargonidin: 2.31mg, Pelargonidin: 2.31mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg, Catechin: 0.38mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 44.21kcal (2.21%), Fat: 0.21g (0.32%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 11.01g (3.67%), Net Carbohydrates: 9.83g (3.57%), Sugar: 9.51g (10.57%), Cholesterol: 0mg (0%), Sodium: 12.72mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.65g (1.29%), Vitamin C: 17.05mg (20.67%), Vitamin A: 997.53IU (19.95%), Manganese: 0.11mg (5.58%), Fiber: 1.18g (4.71%), Potassium: 152.54mg (4.36%), Folate: 13.18µg (3.3%), Magnesium: 11.16mg (2.79%), Vitamin B6: 0.05mg (2.64%), Copper: 0.05mg (2.45%), Vitamin B1: 0.04mg (2.33%), Vitamin K:

2.25µg (2.14%), Vitamin B3: 0.41mg (2.04%), Iron: 0.29mg (1.6%), Vitamin B5: 0.16mg (1.57%), Phosphorus: 14.19mg (1.42%), Zinc: 0.2mg (1.35%), Vitamin B2: 0.02mg (1.21%), Selenium: 0.78µg (1.11%)