



## Fire-and-Ice Melon Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



133 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- ☐ 1.5 pounds cantaloupe cubed peeled
- ☐ 2 cups cucumber peeled seeded sliced
- ☐ 1 teaspoon ground cumin
- ☐ 0.3 cup honey
- ☐ 1 teaspoon jalapeno minced seeded
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.5 teaspoon lime rind grated
- ☐ 0.5 teaspoon salt

☐ 16 ounce carton yogurt plain fat-free

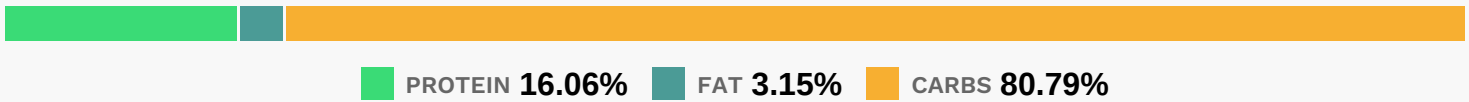
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender

Directions

- ☐ Combine cantaloupe and cucumber in a blender or food processor; process until smooth.
- ☐ Pour half of cantaloupe mixture into a bowl.
- ☐ Add honey, rind, juice, and jalapeo to blender; process until smooth.
- ☐ Add cumin, salt, and yogurt; pulse until blended.
- ☐ Add to cantaloupe mixture in bowl. Stir well.
- ☐ Cover and chill at least 1 hour or until thoroughly chilled.

Nutrition Facts



Properties

Glycemic Index:33.96, Glycemic Load:11.82, Inflammation Score:-10, Nutrition Score:11.075217355853%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 132.57kcal (6.63%), Fat: 0.49g (0.76%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 28.51g (9.5%), Net Carbohydrates: 27.17g (9.88%), Sugar: 27.12g (30.14%), Cholesterol: 1.51mg (0.5%), Sodium: 288.21mg (12.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.33%), Vitamin A: 3889.39IU (77.79%), Vitamin C: 17.84mg (21.63%), Calcium: 172.13mg (17.21%), Phosphorus: 150.8mg (15.08%), Vitamin B2: 0.23mg (13.34%), Potassium: 455.46mg (13.01%), Magnesium: 36.67mg (9.17%), Zinc: 1.36mg (9.08%), Folate: 32.46µg (8.11%), Vitamin

B12: 0.46µg (7.69%), Copper: 0.15mg (7.49%), Vitamin B1: 0.11mg (7.33%), Vitamin B5: 0.73mg (7.32%), Selenium: 4.84µg (6.91%), Vitamin K: 6.62µg (6.31%), Vitamin B6: 0.12mg (5.96%), Manganese: 0.11mg (5.39%), Fiber: 1.34g (5.36%), Iron: 0.89mg (4.94%), Vitamin B3: 0.95mg (4.76%)