



Fresh Melon with Orange Segments

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



307 kcal

SIDE DISH

Ingredients

- 1 teaspoon mint leaves fresh minced
- 0.3 cup honey
- 3 cups wedges honeydew melon cubed peeled
- 2 large oranges

Equipment

- bowl

Directions

- Grate 1 teaspoon rind from orange; peel and section oranges over a bowl, reserving juice.
- Combine orange rind, sections, juice, melon, honey, and mint in a large bowl; toss well.

Nutrition Facts

PROTEIN 3.84% **FAT 1.54%** **CARBS 94.62%**

Properties

Glycemic Index:47.39, Glycemic Load:25.56, Inflammation Score:-8, Nutrition Score:13.528695583344%

Flavonoids

Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 50.15mg, Hesperetin: 50.15mg, Hesperetin: 50.15mg, Hesperetin: 50.15mg Naringenin: 28.19mg, Naringenin: 28.19mg, Naringenin: 28.19mg, Naringenin: 28.19mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 307.14kcal (15.36%), Fat: 0.58g (0.89%), Saturated Fat: 0.12g (0.78%), Carbohydrates: 79.82g (26.61%), Net Carbohydrates: 73.27g (26.64%), Sugar: 72.7g (80.78%), Cholesterol: 0mg (0%), Sodium: 47.61mg (2.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.24g (6.47%), Vitamin C: 144.02mg (174.56%), Potassium: 936.76mg (26.76%), Fiber: 6.54g (26.18%), Folate: 104.55µg (26.14%), Vitamin B6: 0.34mg (17.25%), Vitamin B1: 0.26mg (17.13%), Magnesium: 44.79mg (11.2%), Vitamin A: 543.62IU (10.87%), Calcium: 91.56mg (9.16%), Vitamin B5: 0.88mg (8.84%), Vitamin B3: 1.64mg (8.18%), Copper: 0.16mg (7.97%), Manganese: 0.15mg (7.47%), Vitamin B2: 0.12mg (7.08%), Vitamin K: 7.39µg (7.04%), Phosphorus: 55.54mg (5.55%), Iron: 0.8mg (4.43%), Selenium: 3.04µg (4.35%), Zinc: 0.45mg (3.01%), Vitamin E: 0.38mg (2.55%)