



WHATSheATE



Ginger and Lime Marinated Melon



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



195 min.

SERVINGS



8

CALORIES



84 kcal

SIDE DISH

Ingredients



3.5 lb cantaloupe



2 tablespoons little demerara sugar



8 servings coffee filter



2 inch ginger fresh peeled



0.3 teaspoon kosher salt



1 tablespoon juice of lime fresh



1 teaspoon lime zest loosely packed

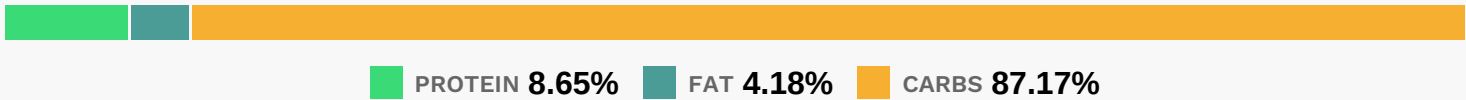
Equipment

- ☐ bowl
- ☐ cheesecloth
- ☐ canning jar
- ☐ box grater

Directions

- ☐ Peel, seed, and slice cantaloupe into 1/2-inch-thick wedges. Grate ginger to equal 1 Tbsp., using large holes of a box grater.
- ☐ Place grated ginger in a piece of cheesecloth or a coffee filter. Squeeze juice from grated ginger into a large bowl; discard solids.
- ☐ Add cantaloupe, sugar, and remaining ingredients to bowl; toss to coat. Pack mixture into 2 (1-qt.) wide-mouth canning jars; pour any accumulated juices into jars. Cover with metal lids, and screw on bands. Chill 3 to 8 hours.

Nutrition Facts



Properties

Glycemic Index:14.31, Glycemic Load:9.91, Inflammation Score:-10, Nutrition Score:10.929130476454%

Flavonoids

Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg
Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg
Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg
Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg
Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg
Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg, Luteolin: 1.27mg
Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg
Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg
Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 83.76kcal (4.19%), Fat: 0.42g (0.65%), Saturated Fat: 0.11g (0.69%), Carbohydrates: 19.68g (6.56%), Net Carbohydrates: 18.05g (6.56%), Sugar: 18.68g (20.75%), Cholesterol: 0mg (0%), Sodium: 137.31mg (5.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 94.8mg (31.6%), Protein: 1.95g (3.91%), Vitamin A: 6712.53IU (134.25%), Vitamin C: 22.35mg (27.1%), Vitamin B2: 0.23mg (13.8%), Potassium: 438.29mg (12.52%), Vitamin B3: 1.85mg (9.23%), Copper: 0.18mg (8.92%), Vitamin B1: 0.13mg (8.76%), Magnesium: 33.89mg (8.47%), Folate: 32.92µg

(8.23%), Vitamin B5: 0.82mg (8.17%), Manganese: 0.14mg (7.09%), Fiber: 1.64g (6.55%), Zinc: 0.93mg (6.2%),
Vitamin K: 5.61µg (5.34%), Selenium: 3.39µg (4.84%), Iron: 0.8mg (4.46%), Vitamin B6: 0.09mg (4.27%),
Phosphorus: 41.78mg (4.18%), Calcium: 23.63mg (2.36%)