



Gingered Melon Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



3 min.

SERVINGS



3

CALORIES



115 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

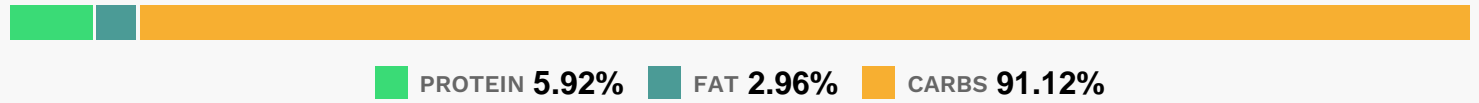
- 0.3 teaspoon ground ginger
- 1.5 tablespoons honey
- 4 cups melon assorted cubed (watermelon, cantaloupe, honeydew)
- 0.3 cup pineapple juice

Equipment

Directions

- Combine 4 cups assorted cubed melon (watermelon, cantaloupe, honeydew).
- Combine 1/4 cup pineapple juice, 1 1/2 tablespoons honey, and 1/4 teaspoon ground ginger; pour over melon cubes, and toss.

Nutrition Facts



Properties

Glycemic Index:55.26, Glycemic Load:16.26, Inflammation Score:-10, Nutrition Score:10.599999977195%

Flavonoids

Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 115.43kcal (5.77%), Fat: 0.41g (0.64%), Saturated Fat: 0.11g (0.72%), Carbohydrates: 28.71g (9.57%), Net Carbohydrates: 26.92g (9.79%), Sugar: 27.4g (30.44%), Cholesterol: 0mg (0%), Sodium: 64.86mg (2.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.87g (3.73%), Vitamin A: 7215.97IU (144.32%), Vitamin C: 25.27mg (30.63%), Manganese: 0.25mg (12.52%), Potassium: 368.16mg (10.52%), Copper: 0.2mg (9.97%), Folate: 33.64µg (8.41%), Vitamin B3: 1.55mg (7.74%), Vitamin B1: 0.12mg (7.73%), Magnesium: 30.66mg (7.66%), Fiber: 1.79g (7.16%), Zinc: 0.99mg (6.6%), Vitamin K: 5.82µg (5.54%), Selenium: 3.82µg (5.46%), Vitamin B6: 0.11mg (5.43%), Iron: 0.95mg (5.27%), Vitamin B2: 0.07mg (3.88%), Phosphorus: 38.54mg (3.85%), Vitamin B5: 0.24mg (2.43%), Calcium: 22.58mg (2.26%)