



Gingered Watermelon Compote



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



455 kcal

SAUCE

Ingredients

- ☐ 2 cups cantaloupe balls (1-inch) (a 3-pound cantaloupe)
- ☐ 2 tablespoons ginger fresh peeled chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 2 cups wedges honeydew melon (1-inch) (a 3-pound honeydew melon)
- ☐ 6 tablespoons juice of lime fresh
- ☐ 2 teaspoons lime zest grated
- ☐ 0.3 cup sugar
- ☐ 0.3 cup water

☐ 8 cups meatballs (1-inch) (a 5-pound watermelon)

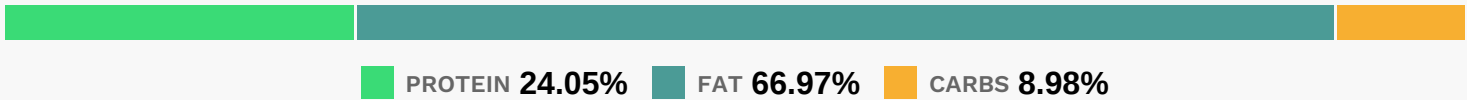
Equipment

☐ bowl

Directions

- ☐ Combine first 6 ingredients in a small bowl; set aside.
- ☐ Combine melon balls in a large bowl, and add lime juice mixture. Cover and chill at least 1 hour.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:15.38, Glycemic Load:4.41, Inflammation Score:-7, Nutrition Score:17.408260694017%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 454.58kcal (22.73%), Fat: 33.55g (51.62%), Saturated Fat: 12.44g (77.77%), Carbohydrates: 10.13g (3.38%), Net Carbohydrates: 9.54g (3.47%), Sugar: 8.94g (9.93%), Cholesterol: 113.56mg (37.85%), Sodium: 103.13mg (4.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.11g (54.21%), Vitamin B1: 1.18mg (78.85%), Selenium: 39.54µg (56.49%), Vitamin B3: 7.2mg (36%), Vitamin B6: 0.65mg (32.34%), Phosphorus: 286.27mg (28.63%), Zinc: 3.65mg (24.31%), Vitamin B2: 0.39mg (22.74%), Vitamin A: 1062.21IU (21.24%), Vitamin B12: 1.1µg (18.4%), Potassium: 582.37mg (16.64%), Vitamin C: 12.09mg (14.65%), Vitamin B5: 1.14mg (11.44%), Magnesium: 38.47mg (9.62%), Iron: 1.61mg (8.94%), Copper: 0.11mg (5.58%), Folate: 19.25µg (4.81%), Calcium: 30mg (3%), Manganese: 0.05mg (2.48%), Fiber: 0.59g (2.37%), Vitamin K: 1.67µg (1.59%)