



Honeydew and Cantaloupe in Vanilla Lime Syrup

 Gluten Free  Dairy Free  Low Fod Map

READY IN



35 min.

SERVINGS



6

CALORIES



154 kcal

SIDE DISH

Ingredients

- 4 cups honeydew melon balls (from one 5-pound melon)
- 0.3 cup juice of lime fresh
- 2 lime zest with a vegetable peeler
- 6 servings lime zest freshly grated
- 0.7 cup sugar
- 1 vanilla pod split
- 0.3 cup water

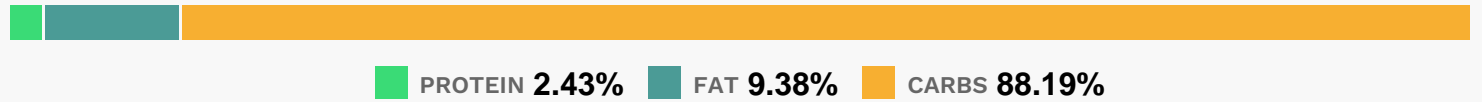
Equipment

- bowl
- frying pan
- sauce pan

Directions

- In a small saucepan simmer syrup ingredients, stirring, until sugar is dissolved, about 1 minute.
- Remove pan from heat, add split vanilla bean, and cool syrup completely.
- Discard zest and vanilla bean. Syrup may be made 1 day ahead and chilled, covered.
- Just before serving, in a medium bowl combine melon balls with syrup and divide mixture among 6 martini glasses. Top each serving with a generous dollop of cream and garnish with grated zest.

Nutrition Facts



Properties

Glycemic Index:26.18, Glycemic Load:16.48, Inflammation Score:-3, Nutrition Score:4.3308696435845%

Flavonoids

Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg
Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg
Hesperetin: 10.81mg, Hesperetin: 10.81mg
Hesperetin: 10.81mg, Hesperetin: 10.81mg
Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg, Naringenin: 0.81mg
Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 153.79kcal (7.69%), Fat: 1.74g (2.68%), Saturated Fat: 0.88g (5.49%), Carbohydrates: 36.87g (12.29%), Net Carbohydrates: 35.28g (12.83%), Sugar: 32.47g (36.07%), Cholesterol: 4.56mg (1.52%), Sodium: 22.48mg (0.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.03%), Vitamin C: 30.93mg (37.49%), Potassium: 306.17mg (8.75%), Fiber: 1.59g (6.34%), Folate: 24.84µg (6.21%), Vitamin B6: 0.12mg (5.85%), Vitamin B1: 0.06mg (3.69%), Magnesium: 14.54mg (3.64%), Vitamin K: 3.62µg (3.44%), Vitamin B3: 0.54mg (2.71%), Vitamin B5: 0.26mg (2.59%), Copper: 0.05mg (2.48%), Phosphorus: 23.71mg (2.37%), Vitamin A: 115.66IU (2.31%), Calcium: 22.73mg (2.27%), Iron: 0.35mg (1.96%), Manganese: 0.04mg (1.79%), Vitamin B2: 0.03mg (1.66%), Selenium: 1.11µg (1.59%),

Zinc: 0.16mg (1.09%)