



Honeydew and Strawberry Cups



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



129 kcal

SIDE DISH

Ingredients



2 tablespoons honey



2 cups wedges honeydew melon cubed



0.3 cup orange juice unsweetened



3 tablespoons low-sugar orange marmalade



2 cups strawberry halves

Equipment

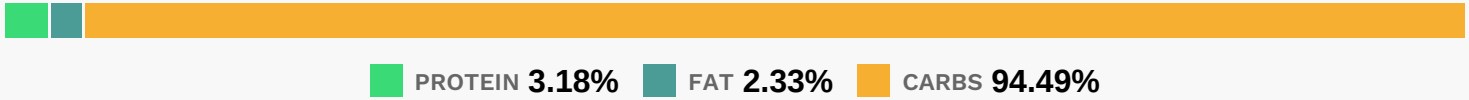


bowl

Directions

- ☐ Combine honeydew and strawberries in a bowl.
- ☐ Combine orange juice, marmalade, and honey in a small bowl.
- ☐ Pour over honeydew mixture; toss gently to coat. Spoon evenly into each of 4 individual fruit cups.

Nutrition Facts



Properties

Glycemic Index:36.07, Glycemic Load:6.97, Inflammation Score:-4, Nutrition Score:7.4469566189724%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg, Epigallocatechin: 0.6mg Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg, Naringenin: 0.52mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 129.43kcal (6.47%), Fat: 0.37g (0.56%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 33.47g (11.16%), Net Carbohydrates: 31.19g (11.34%), Sugar: 29.35g (32.61%), Cholesterol: 0mg (0%), Sodium: 25mg (1.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.25%), Vitamin C: 66.16mg (80.19%), Manganese: 0.31mg (15.72%), Folate: 39.64µg (9.91%), Potassium: 345.97mg (9.88%), Fiber: 2.28g (9.11%), Vitamin B6: 0.12mg (6.01%), Magnesium: 20.08mg (5.02%), Vitamin B1: 0.06mg (4.29%), Copper: 0.08mg (3.95%), Vitamin K: 4.06µg (3.87%), Vitamin B3: 0.72mg (3.58%), Phosphorus: 30.28mg (3.03%), Iron: 0.54mg (2.98%), Vitamin B5: 0.26mg (2.61%),

Calcium: 24.66mg (2.47%), Vitamin B2: 0.04mg (2.26%), Vitamin A: 91.44IU (1.83%), Vitamin E: 0.24mg (1.61%),
Selenium: 1.07µg (1.53%), Zinc: 0.21mg (1.43%)