



## Honeydew Coconut Frappes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



174 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 0.8 pound cucumber seedless peeled coarsely chopped (usually plastic-wrapped)
- ☐ 0.3 cup mint leaves fresh
- ☐ 5 pound wedges honeydew melon ripe seeded cut into 1-inch chunks (8 cups)
- ☐ 1 cup ice cubes
- ☐ 0.5 cup juice of lime fresh
- ☐ 0.7 cup raspberry sorbet

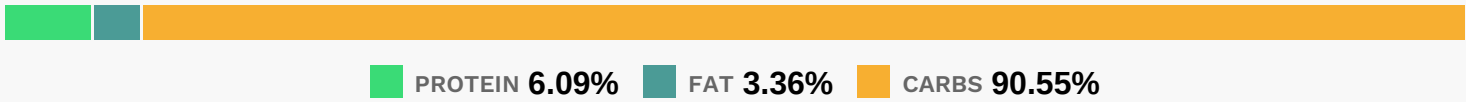
## Equipment

- ☐ blender

# Directions

- ☐ Purée about two thirds each of honeydew, cucumber, and lime juice in 2 batches in a blender until very smooth, transferring to a pitcher.
- ☐ Purée remaining honeydew, cucumber, and lime juice in blender until very smooth, then add ice and sorbet and blend until smooth.
- ☐ Add mint and a pinch of salt and pulse until mint is finely chopped. Stir into purée in pitcher.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:12.283478112324%

## Flavonoids

Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg  
Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 1.02mg,  
Eriodictyol: 1.02mg, Eriodictyol: 1.02mg Eriodictyol: 1.02mg Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg,  
Hesperetin: 2mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin:  
0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg,  
Luteolin: 0.24mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin:  
0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 173.81kcal (8.69%), Fat: 0.72g (1.1%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 43.32g (14.44%), Net  
Carbohydrates: 39.43g (14.34%), Sugar: 35.49g (39.43%), Cholesterol: 0mg (0%), Sodium: 84.49mg (3.67%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.92g (5.83%), Vitamin C: 76.27mg (92.45%), Potassium:  
979.44mg (27.98%), Folate: 79.94µg (19.99%), Vitamin K: 20.38µg (19.41%), Vitamin B6: 0.37mg (18.27%), Fiber:  
3.89g (15.55%), Magnesium: 48.68mg (12.17%), Vitamin B1: 0.17mg (11.04%), Manganese: 0.17mg (8.63%), Vitamin B3:  
1.7mg (8.48%), Vitamin B5: 0.76mg (7.64%), Vitamin A: 338.26IU (6.77%), Copper: 0.13mg (6.59%), Phosphorus:  
59.38mg (5.94%), Iron: 0.91mg (5.08%), Vitamin B2: 0.07mg (4.24%), Selenium: 2.84µg (4.05%), Calcium: 40.31mg  
(4.03%), Zinc: 0.49mg (3.3%)