



Honeydew Melon in Coconut Milk



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



226 kcal

SIDE DISH

Ingredients



13 ounce coconut milk unsweetened canned



5 pounds wedges honeydew melon chilled



1.5 teaspoons juice of lime fresh to taste



8 servings lime zest julienned



3 tablespoons sugar

Equipment

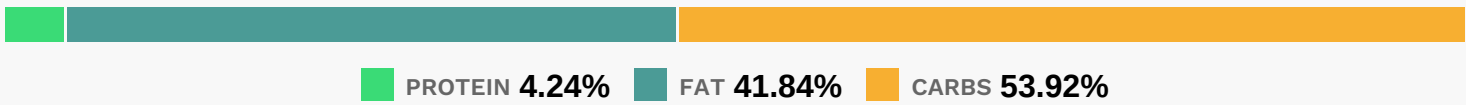


bowl

Directions

- ☐ Stir together coconut milk, sugar, and lime juice in a small metal bowl until sugar is dissolved, then quick-chill in a metal bowl set in a larger bowl of ice and cold water, stirring occasionally, about 6 minutes.
- ☐ Halve melon and discard seeds. Scoop melon into balls with cutter.
- ☐ Divide melon among 8 serving dishes, then pour coconut milk over top.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:12.76, Glycemic Load:3.17, Inflammation Score:-5, Nutrition Score:10.280434903891%

Flavonoids

Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 225.87kcal (11.29%), Fat: 11.38g (17.5%), Saturated Fat: 9.83g (61.43%), Carbohydrates: 32.99g (11%), Net Carbohydrates: 29.67g (10.79%), Sugar: 29.08g (32.31%), Cholesterol: 0mg (0%), Sodium: 58.02mg (2.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.19%), Vitamin C: 52.89mg (64.11%), Manganese: 0.5mg (24.95%), Potassium: 769.73mg (21.99%), Folate: 61.41µg (15.35%), Vitamin B6: 0.27mg (13.27%), Fiber: 3.31g (13.25%), Magnesium: 45.53mg (11.38%), Copper: 0.19mg (9.59%), Vitamin B1: 0.12mg (8.02%), Vitamin K: 8.28µg (7.88%), Phosphorus: 77.56mg (7.76%), Vitamin B3: 1.54mg (7.69%), Selenium: 4.87µg (6.96%), Iron: 1.25mg (6.93%), Vitamin B5: 0.53mg (5.27%), Zinc: 0.57mg (3.77%), Vitamin A: 142.72IU (2.85%), Calcium: 24.89mg (2.49%), Vitamin B2: 0.04mg (2.07%)