



Honeydew-Orange Toss



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



20

CALORIES



27 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 wedges honeydew melon peeled cut into 1-inch cubes (4 cups)
- ☐ 0.3 cup juice of lemon fresh (3 lemons)
- ☐ 2 tablespoons juice of lime fresh (1 lime)
- ☐ 2 cups navel orange sections (2 oranges)
- ☐ 0.3 cup powdered sugar

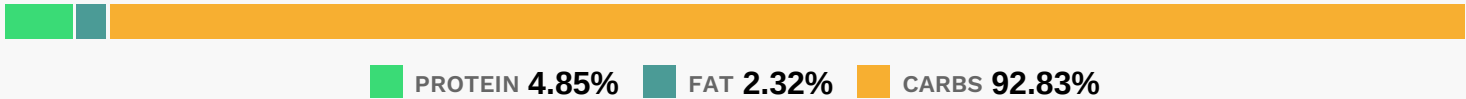
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Whisk together lemon juice, powdered sugar, and lime juice in a large bowl.
- ☐ Add honeydew melon and orange sections, and gently toss.
- ☐ *1 (11-oz.) can mandarin oranges, drained, may be substituted.

Nutrition Facts



Properties

Glycemic Index:2.13, Glycemic Load:0.72, Inflammation Score:-2, Nutrition Score:1.9534782961659%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 5.63mg, Hesperetin: 5.63mg, Hesperetin: 5.63mg, Hesperetin: 5.63mg Naringenin: 2.82mg, Naringenin: 2.82mg, Naringenin: 2.82mg, Naringenin: 2.82mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 27.08kcal (1.35%), Fat: 0.08g (0.12%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 6.94g (2.31%), Net Carbohydrates: 6.23g (2.27%), Sugar: 5.88g (6.53%), Cholesterol: 0mg (0%), Sodium: 5.86mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.36g (0.73%), Vitamin C: 17.36mg (21.04%), Potassium: 111.51mg (3.19%), Folate: 12.44µg (3.11%), Fiber: 0.71g (2.82%), Vitamin B6: 0.04mg (2.07%), Vitamin B1: 0.03mg (1.94%), Magnesium: 5.36mg (1.34%), Vitamin A: 57.49IU (1.15%), Vitamin B5: 0.1mg (1.02%)