



Lemon-Ginger Mixed Melons

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



6 min.

SERVINGS



4

CALORIES



67 kcal

SIDE DISH

Ingredients

- 1 cup cantaloupe cubed
- 2 teaspoons ginger fresh grated peeled
- 1 cup wedges honeydew melon cubed
- 3 tablespoons juice of lemon fresh
- 2 tablespoons sugar
- 1 cup watermelon cubed

Equipment

- bowl

whisk

Directions

- Combine first 3 ingredients in a small bowl; stir with a whisk (sugar does not have to dissolve).
- Place fruit in a shallow bowl; pour lemon mixture over fruit. Toss gently to coat; let stand 5 minutes.

Nutrition Facts



PROTEIN 4.62% **FAT 2.97%** **CARBS 92.41%**

Properties

Glycemic Index:56.81, Glycemic Load:8.23, Inflammation Score:-8, Nutrition Score:4.4721738644268%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin:
1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg,
Naringenin: 0.16mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.2mg,
Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin:
0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 66.68kcal (3.33%), Fat: 0.24g (0.37%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 16.93g (5.64%), Net
Carbohydrates: 16.06g (5.84%), Sugar: 15.25g (16.94%), Cholesterol: 0mg (0%), Sodium: 20.33mg (0.88%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 0.85g (1.69%), Vitamin A: 1590.95IU (31.82%), Vitamin C: 19.49mg
(23.63%), Potassium: 218.12mg (6.23%), Folate: 17.17µg (4.29%), Vitamin B6: 0.08mg (3.86%), Magnesium: 14.35mg
(3.59%), Fiber: 0.87g (3.46%), Vitamin B1: 0.05mg (3.42%), Copper: 0.06mg (3.23%), Vitamin B3: 0.54mg (2.7%),
Manganese: 0.05mg (2.31%), Vitamin K: 2.35µg (2.24%), Vitamin B5: 0.21mg (2.09%), Iron: 0.33mg (1.85%), Zinc:
0.26mg (1.75%), Selenium: 1.18µg (1.69%), Phosphorus: 16.9mg (1.69%), Vitamin B2: 0.03mg (1.59%)