



Lemon-Mint Melon Compote



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



162 kcal

SAUCE

Ingredients

- ☐ 1.5 cups cantaloupe cubed
- ☐ 1.5 cups wedges honeydew melon cubed
- ☐ 1 tablespoon lemon zest grated
- ☐ 0.5 cup mint leaves fresh whole packed
- ☐ 4 servings garnish: mint leaves fresh
- ☐ 0.5 cup sugar
- ☐ 0.5 cup water
- ☐ 1.5 cups watermelon seedless cubed

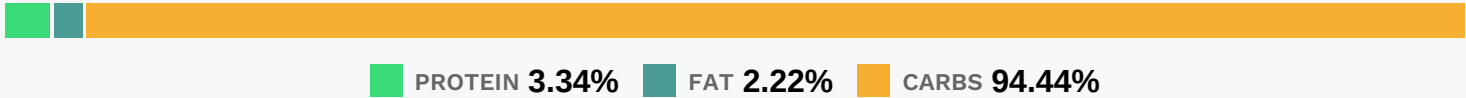
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine water and sugar in a medium saucepan; bring to a boil, stirring until sugar dissolves.
- ☐ Remove from heat, and stir in lemon zest and 1/2 cup mint leaves. Cover and let stand until cooled to room temperature.
- ☐ Pour mixture through a fine wire-mesh strainer, pressing on solids; discard solids. (Syrup makes about 2/3 cup.)
- ☐ Combine watermelon, honeydew, and cantaloupe in a medium bowl.
- ☐ Drizzle with syrup, stirring to coat.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:53.06, Glycemic Load:23.48, Inflammation Score:-9, Nutrition Score:7.5095652186352%

Flavonoids

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 2.05mg,
Eriodictyol: 2.05mg, Eriodictyol: 2.05mg Eriodictyol: 2.05mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin:
0.67mg, Hesperetin: 0.67mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin:
1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol:
0.3mg, Kaempferol: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 162.04kcal (8.1%), Fat: 0.43g (0.66%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 41.12g (13.71%), Net
Carbohydrates: 39.21g (14.26%), Sugar: 38.45g (42.72%), Cholesterol: 0mg (0%), Sodium: 33.92mg (1.47%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.91%), Vitamin A: 2667.58IU (53.35%), Vitamin C: 26.67mg

(32.33%), Potassium: 343.99mg (9.83%), Fiber: 1.91g (7.63%), Folate: 29.97µg (7.49%), Manganese: 0.14mg (7.12%), Magnesium: 25.7mg (6.42%), Copper: 0.12mg (5.99%), Vitamin B6: 0.12mg (5.84%), Vitamin B1: 0.08mg (5.25%), Iron: 0.83mg (4.63%), Vitamin B3: 0.9mg (4.52%), Vitamin B2: 0.06mg (3.49%), Vitamin K: 3.53µg (3.36%), Calcium: 32.46mg (3.25%), Vitamin B5: 0.31mg (3.15%), Zinc: 0.46mg (3.07%), Phosphorus: 28.5mg (2.85%), Selenium: 1.85µg (2.65%)