



Looks-Like-Watermelon Wedges

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



37 kcal

SIDE DISH

Ingredients

- ☐ 1 halves lime
- ☐ 0.5 cup vanilla yogurt low-fat
- ☐ 2 cups orange juice
- ☐ 12 servings semisweet chocolate morsels mini
- ☐ 1 cup strawberries whole frozen thawed

Equipment

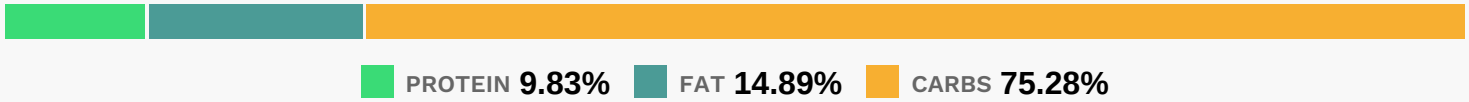
- ☐ food processor
- ☐ blender

☐ bread knife

Directions

- ☐ Hollow out lime halves, leaving rinds intact.
- ☐ Stir together orange juice and yogurt.
- ☐ Process berries in a blender or food processor until smooth, stopping to scrape down sides. Stir into juice mixture.
- ☐ Spoon mixture into lime rinds.
- ☐ Sprinkle with semisweet chocolate mini morsels, and freeze 8 hours.
- ☐ Cut frozen lime halves in half with a bread knife to make wedges.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:2.47, Inflammation Score:-2, Nutrition Score:3.1086956327376%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.98mg, Hesperetin: 4.98mg, Hesperetin: 4.98mg, Hesperetin: 4.98mg Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg, Naringenin: 0.92mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 36.93kcal (1.85%), Fat: 0.63g (0.97%), Saturated Fat: 0.31g (1.96%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 6.76g (2.46%), Sugar: 5.84g (6.48%), Cholesterol: 0.57mg (0.19%), Sodium: 7.37mg (0.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.87%), Vitamin C: 27.83mg (33.73%), Folate: 16.41µg

(4.1%), Potassium: 129.14mg (3.69%), Manganese: 0.07mg (3.29%), Vitamin B1: 0.04mg (2.98%), Phosphorus: 26.3mg (2.63%), Calcium: 24.57mg (2.46%), Magnesium: 9.51mg (2.38%), Vitamin B2: 0.04mg (2.12%), Copper: 0.04mg (1.89%), Vitamin A: 89.04IU (1.78%), Fiber: 0.41g (1.62%), Vitamin B5: 0.15mg (1.53%), Vitamin B6: 0.03mg (1.36%), Vitamin B3: 0.23mg (1.16%), Iron: 0.2mg (1.13%)