



Marinated Melons with Mint and Feta

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



192 kcal

SIDE DISH

Ingredients

- 2 oz feta cheese crumbled
- 8 pounds regular honeydew
- 0.3 cup juice of lime
- 0.3 cup lightly mint leaves fresh packed rinsed
- 0.5 cup orange juice
- 0.1 teaspoon salt

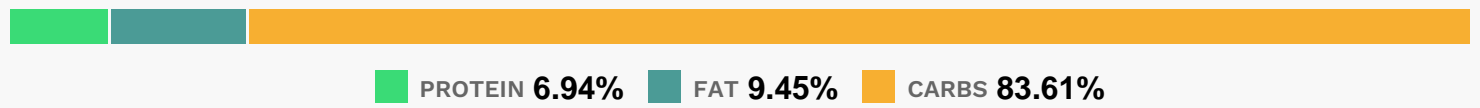
Equipment

- bowl

Directions

- In a large bowl, combine orange juice, lime juice, and salt.
- Cut melons into quarters, discard seeds, and cut off and discard peel.
- Cut fruit into 1-inch chunks; add to orange juice mixture.
- Cut mint leaves lengthwise into slivers.
- Add to bowl and mix gently to coat. Cover airtight and chill at least 1 hour or up to 4 hours.
- Just before serving, mix marinated melons gently and sprinkle with feta cheese.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:0.9, Inflammation Score:-7, Nutrition Score:13.485652291256%

Flavonoids

Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg
Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.63mg,
Eriodictyol: 0.63mg, Eriodictyol: 0.63mg, Eriodictyol: 0.63mg Hesperetin: 2.67mg, Hesperetin: 2.67mg, Hesperetin:
2.67mg, Hesperetin: 2.67mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg
Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg,
Luteolin: 0.18mg, Luteolin: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg
Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 191.92kcal (9.6%), Fat: 2.21g (3.4%), Saturated Fat: 1.12g (7.02%), Carbohydrates: 43.96g (14.65%), Net
Carbohydrates: 40.16g (14.6%), Sugar: 38.26g (42.51%), Cholesterol: 6.31mg (2.1%), Sodium: 199.52mg (8.67%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.65g (7.3%), Vitamin C: 92.11mg (111.65%), Potassium:
1086.44mg (31.04%), Folate: 95.46µg (23.86%), Vitamin B6: 0.44mg (22%), Fiber: 3.8g (15.21%), Vitamin B1: 0.2mg
(13.35%), Vitamin K: 13.34µg (12.71%), Magnesium: 50.14mg (12.54%), Vitamin B3: 2.06mg (10.31%), Vitamin B5:
0.82mg (8.15%), Phosphorus: 78.5mg (7.85%), Vitamin B2: 0.12mg (7.28%), Manganese: 0.14mg (7.23%), Vitamin A:
351.22IU (7.02%), Calcium: 68.36mg (6.84%), Copper: 0.12mg (6.23%), Selenium: 4.26µg (6.09%), Iron: 0.93mg
(5.15%), Zinc: 0.64mg (4.28%), Vitamin B12: 0.12µg (2%)