

Melon Ambrosia

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



282 kcal

SIDE DISH

Ingredients

- 1 cup cantaloupe balls
- 0.3 cup coconut flakes flaked toasted
- 4 servings mint leaves fresh
- 2 tablespoons honey
- 1 cup wedges honeydew melon
- 0.3 cup juice of lime
- 2 tablespoons sugar
- 1 cup meatballs

Equipment

bowl

Directions

In a large bowl, combine the melon balls. In another bowl, combine the lime juice, sugar and honey; pour over melon and toss to coat. Cover and refrigerate for at least 1 hour.

Sprinkle with coconut.

Garnish with mint if desired.

Nutrition Facts



PROTEIN 15.28% **FAT 50.01%** **CARBS 34.71%**

Properties

Glycemic Index:47.47, Glycemic Load:10.9, Inflammation Score:-8, Nutrition Score:10.781304305014%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg, Eriodictyol: 0.75mg Hesperetin: 1.91mg, Hesperetin:
1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg,
Naringenin: 0.08mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.41mg,
Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol:
0.03mg, Kaempferol: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 281.73kcal (14.09%), Fat: 16.14g (24.84%), Saturated Fat: 7.74g (48.36%), Carbohydrates: 25.21g (8.4%),
Net Carbohydrates: 23.46g (8.53%), Sugar: 22.28g (24.75%), Cholesterol: 42.59mg (14.2%), Sodium: 57.21mg
(2.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.1g (22.19%), Vitamin B1: 0.48mg (31.99%), Vitamin A:
1574.49IU (31.49%), Selenium: 16.72µg (23.89%), Vitamin C: 19.39mg (23.5%), Vitamin B3: 3.14mg (15.7%), Vitamin
B6: 0.31mg (15.45%), Phosphorus: 130.62mg (13.06%), Potassium: 399.84mg (11.42%), Zinc: 1.69mg (11.28%),
Manganese: 0.21mg (10.27%), Vitamin B2: 0.17mg (10.13%), Magnesium: 28.65mg (7.16%), Fiber: 1.74g (6.97%),
Vitamin B12: 0.41µg (6.9%), Copper: 0.13mg (6.48%), Iron: 1.05mg (5.85%), Vitamin B5: 0.59mg (5.85%), Folate:
21.07µg (5.27%), Vitamin K: 2.56µg (2.44%), Calcium: 22.14mg (2.21%)