



Melon and Grape Salad

 Vegetarian  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



58 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup wedges honeydew melon
- 1 tablespoon honey
- 1 tablespoon juice of lemon
- 1 teaspoon mint leaves fresh
- 1 cup grapes green red halved

Equipment

- bowl

Directions

- In medium bowl, mix lemon juice and honey.
- Add melon and grapes; toss gently to coat.
- Sprinkle with mint.

Nutrition Facts



PROTEIN 3.3% **FAT 1.8%** **CARBS 94.9%**

Properties

Glycemic Index:24.57, Glycemic Load:5.24, Inflammation Score:-1, Nutrition Score:2.2965217336364%

Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg
Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.55mg, Hesperetin:
0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg,
Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 58.15kcal (2.91%), Fat: 0.13g (0.2%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 15.28g (5.09%), Net
Carbohydrates: 14.58g (5.3%), Sugar: 13.71g (15.23%), Cholesterol: 0mg (0%), Sodium: 8.66mg (0.38%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Vitamin C: 10.34mg (12.54%), Vitamin K: 6.74µg (6.42%),
Potassium: 175.74mg (5.02%), Vitamin B6: 0.07mg (3.64%), Copper: 0.06mg (3.04%), Vitamin B1: 0.04mg (2.87%),
Fiber: 0.7g (2.81%), Folate: 9.71µg (2.43%), Manganese: 0.04mg (2.16%), Vitamin B2: 0.03mg (2.01%), Magnesium:
7.24mg (1.81%), Iron: 0.23mg (1.3%), Vitamin B3: 0.26mg (1.29%), Phosphorus: 12.75mg (1.28%)