



Melon-and-Maple Soup Perfumed with Ginger

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



191 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups cantaloupe balls
- 1.5 teaspoons ginger fresh grated peeled
- 2.5 cups honeydew melon balls
- 2 tablespoons juice of lemon fresh
- 0.5 cup maple syrup
- 0.3 cup muscat sweet

Equipment

- bowl

blender

Directions

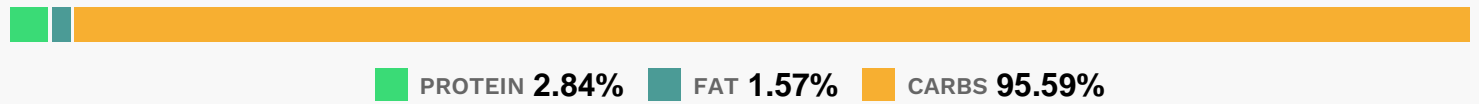
Combine the cantaloupe balls and wine in a shallow bowl; cover melon mixture, and chill.

Combine honeydew, maple syrup, lemon juice, and ginger in a blender, and process until smooth.

Pour into a bowl; cover and chill.

Pour 2/3 cup honeydew mixture into each of 4 shallow bowls, and add 1/2 cup cantaloupe balls to each.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:14.31, Inflammation Score:-9, Nutrition Score:11.79956514939%

Flavonoids

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.37mg,
Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin:
1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin:
0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.06mg, Kaempferol: 0.06mg,
Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin:
0.04mg

Nutrients (% of daily need)

Calories: 191.39kcal (9.57%), Fat: 0.33g (0.51%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 45.42g (15.14%), Net
Carbohydrates: 43.83g (15.94%), Sugar: 39.92g (44.36%), Cholesterol: 0mg (0%), Sodium: 49.47mg (2.15%),
Alcohol: 1.3g (100%), Alcohol %: 0.64% (100%), Protein: 1.35g (2.7%), Vitamin A: 3046.65IU (60.93%), Manganese:
0.99mg (49.67%), Vitamin C: 31.71mg (38.44%), Vitamin B2: 0.55mg (32.31%), Potassium: 482.6mg (13.79%), Folate:
34.16µg (8.54%), Magnesium: 31.35mg (7.84%), Vitamin B1: 0.11mg (7.49%), Vitamin B6: 0.13mg (6.68%), Fiber: 1.6g
(6.38%), Calcium: 58.78mg (5.88%), Vitamin B3: 1.1mg (5.52%), Vitamin K: 5.47µg (5.21%), Copper: 0.1mg (5.18%),
Zinc: 0.77mg (5.15%), Selenium: 2.26µg (3.23%), Iron: 0.57mg (3.18%), Phosphorus: 27.59mg (2.76%), Vitamin B5:
0.27mg (2.69%)