



Melon Ball Salad with Lime Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



8

CALORIES



226 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 lb cantaloupe
- ☐ 4.5 lb wedges honeydew melon
- ☐ 0.5 cup juice of lime fresh
- ☐ 2 tablespoons lime zest finely grated
- ☐ 0.8 cup sugar

Equipment

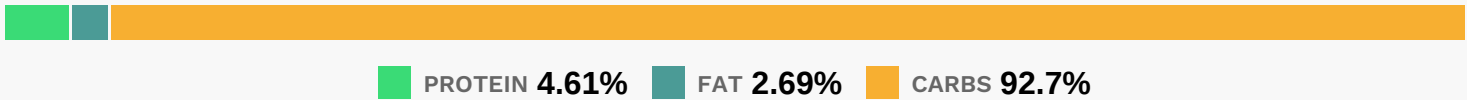
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ melon baller

Directions

- ☐ Combine sugar, lime juice and 1/4 cup water in a small saucepan. Stir over medium-high heat until sugar has dissolved, about 5 minutes.
- ☐ Remove from heat and add lime zest. Cover pan and set aside for 15 minutes. Strain into a small bowl, cover and refrigerate until thoroughly chilled, at least 2 hours. (Can be made up to 3 days in advance.)
- ☐ Cut each melon in half, remove and discard seeds and scoop flesh with a sharp 1-inch melon baller.
- ☐ Place all melon balls in a large bowl, cover and refrigerate until 30 minutes before serving.
- ☐ Pour lime syrup over melon balls. Cover and chill for at least 30 minutes before serving. Divide into 8 tumblers and garnish with mint, if desired.

Nutrition Facts



Properties

Glycemic Index:21.2, Glycemic Load:21.58, Inflammation Score:-10, Nutrition Score:15.759999860888%

Flavonoids

Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg, Hesperetin: 2mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 226.1kcal (11.31%), Fat: 0.74g (1.13%), Saturated Fat: 0.19g (1.16%), Carbohydrates: 57.18g (19.06%), Net Carbohydrates: 53.67g (19.52%), Sugar: 53.11g (59.02%), Cholesterol: 0mg (0%), Sodium: 97.48mg (4.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.69%), Vitamin A: 5888.57IU (117.77%), Vitamin C: 69.44mg (84.17%), Potassium: 868.39mg (24.81%), Folate: 73.92µg (18.48%), Vitamin B6: 0.3mg (14.95%), Fiber: 3.5g (14.02%), Vitamin B1: 0.18mg (12.3%), Magnesium: 48.93mg (12.23%), Vitamin K: 12.09µg (11.52%), Vitamin B3:

2.27mg (11.36%), Copper: 0.21mg (10.61%), Manganese: 0.14mg (7.11%), Selenium: 4.81µg (6.87%), Zinc: 0.99mg (6.62%), Iron: 1.11mg (6.18%), Vitamin B5: 0.6mg (5.96%), Phosphorus: 59.37mg (5.94%), Vitamin B2: 0.08mg (4.86%), Calcium: 33.42mg (3.34%), Vitamin E: 0.17mg (1.15%)