



Melon, Berry, and Pear Salad with Cayenne-Lemon-Mint Syrup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



163 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 cup blackberries fresh
- ☐ 2 cups blueberries fresh
- ☐ 6 cups cantaloupe cubed (1-inch)
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 0.5 teaspoon ground pepper red

- ☐ 3 tablespoons honey
- ☐ 6 cups wedges honeydew melon cubed (1-inch)
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon lemon zest grated
- ☐ 1.5 cups pears ripe cubed () (2 medium)
- ☐ 2 cups strawberries fresh quartered
- ☐ 0.3 cup sugar
- ☐ 0.3 cup water

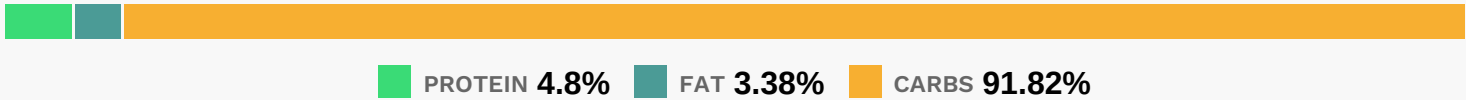
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ To prepare syrup, combine first 5 ingredients in a small saucepan. Bring to a boil; cook 3 minutes or until mixture is slightly syrupy.
- ☐ Remove from heat; stir in 1/4 cup mint and rind.
- ☐ Let stand 30 minutes. Strain syrup through a sieve over a bowl; discard solids.
- ☐ To prepare salad, combine cantaloupe and remaining ingredients in a large bowl.
- ☐ Add syrup; toss gently to coat. Cover and refrigerate 2 hours, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:39.56, Glycemic Load:15.46, Inflammation Score:-10, Nutrition Score:12.895217325376%

Flavonoids

Cyanidin: 17.88mg, Cyanidin: 17.88mg, Cyanidin: 17.88mg, Cyanidin: 17.88mg Petunidin: 9.36mg, Petunidin: 9.36mg, Petunidin: 9.36mg, Petunidin: 9.36mg Delphinidin: 10.58mg, Delphinidin: 10.58mg, Delphinidin: 10.58mg, Delphinidin: 10.58mg Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg, Malvidin: 20.01mg Pelargonidin: 7.22mg, Pelargonidin: 7.22mg, Pelargonidin: 7.22mg, Pelargonidin: 7.22mg Peonidin: 6.05mg, Peonidin: 6.05mg, Peonidin: 6.05mg, Peonidin: 6.05mg Catechin: 7.86mg, Catechin: 7.86mg, Catechin: 7.86mg, Catechin: 7.86mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 1.89mg, Epicatechin: 1.89mg, Epicatechin: 1.89mg, Epicatechin: 1.89mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg, Hesperetin: 1.05mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg, Quercetin: 3.34mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 163.37kcal (8.17%), Fat: 0.68g (1.04%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 41.33g (13.78%), Net Carbohydrates: 36.69g (13.34%), Sugar: 35.28g (39.2%), Cholesterol: 0mg (0%), Sodium: 49.48mg (2.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.16g (4.32%), Vitamin A: 3465.46IU (69.31%), Vitamin C: 56.45mg (68.43%), Manganese: 0.41mg (20.62%), Fiber: 4.64g (18.56%), Vitamin K: 15.93µg (15.17%), Potassium: 523.72mg (14.96%), Folate: 50.19µg (12.55%), Copper: 0.19mg (9.6%), Vitamin B6: 0.18mg (8.92%), Magnesium: 34.93mg (8.73%), Vitamin B3: 1.51mg (7.56%), Vitamin B1: 0.11mg (7.53%), Iron: 1mg (5.58%), Zinc: 0.74mg (4.95%), Phosphorus: 46.4mg (4.64%), Vitamin B2: 0.08mg (4.53%), Vitamin B5: 0.4mg (4.03%), Selenium: 2.68µg (3.83%), Vitamin E: 0.56mg (3.73%), Calcium: 33.55mg (3.36%)