

# Melon Carpaccio



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



133 kcal

SIDE DISH

## Ingredients

- ☐ 3 lb cantaloupe halved lengthwise seeded
- ☐ 6 servings sea salt crushed to taste (lightly if grains are large)
- ☐ 60 small tarragon fresh
- ☐ 1.5 teaspoons juice of lime fresh
- ☐ 6 lime wedges thin
- ☐ 1 tablespoon olive oil extra virgin extra-virgin

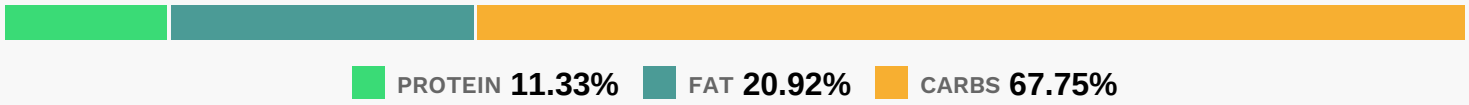
## Equipment

- ☐ peeler

# Directions

- ☐
- Cut each cantaloupe half lengthwise into 3 wedges (6 total). Shave thin slices from seeded side of a melon wedge with vegetable peeler (first slice may be irregular), stopping when you get close to rind. Arrange slices, overlapping slightly, on 1 plate. Repeat with remaining cantaloupe, putting slices from each wedge on a separate plate.
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- ☐
- Drizzle each serving with 1/4 teaspoon lime juice and 1/2 teaspoon oil, then scatter 10 tarragon leaves on top. Season with sea salt and pepper and serve with lime wedges.

## Nutrition Facts



## Properties

Glycemic Index:28.25, Glycemic Load:14.71, Inflammation Score:-10, Nutrition Score:16.898695810981%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 7.85mg, Hesperetin: 7.85mg, Hesperetin: 7.85mg, Hesperetin: 7.85mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 132.95kcal (6.65%), Fat: 3.5g (5.39%), Saturated Fat: 0.63g (3.94%), Carbohydrates: 25.52g (8.51%), Net Carbohydrates: 22.46g (8.17%), Sugar: 18.2g (20.22%), Cholesterol: 0mg (0%), Sodium: 268.46mg (11.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.54%), Vitamin A: 8099.87IU (162%), Manganese: 0.89mg (44.59%), Vitamin C: 35.33mg (42.83%), Iron: 4.22mg (23.42%), Potassium: 677.96mg (19.37%), Vitamin B6: 0.34mg (17%), Magnesium: 65.37mg (16.34%), Folate: 60.72µg (15.18%), Calcium: 140.57mg (14.06%), Copper: 0.27mg (13.63%), Vitamin B3: 2.51mg (12.53%), Fiber: 3.06g (12.25%), Vitamin B2: 0.2mg (11.7%), Vitamin B1: 0.14mg (9.46%), Zinc: 1.41mg (9.39%), Phosphorus: 73.27mg (7.33%), Vitamin K: 7.64µg (7.28%), Selenium: 4.37µg (6.24%), Vitamin E: 0.49mg (3.28%), Vitamin B5: 0.28mg (2.79%)