



Melon Carpaccio with Lime



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



800 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup juice of lime fresh
- ☐ 0.5 teaspoon lime zest
- ☐ 4 sprigs mint leaves for garnish
- ☐ 2.5 pounds irish oats peeled halved seeded
- ☐ 0.5 teaspoon to 5 chilies fresh red thinly sliced (such as jalapeño or Fresno)
- ☐ 0.5 cup sugar
- ☐ 0.5 vanilla pod split

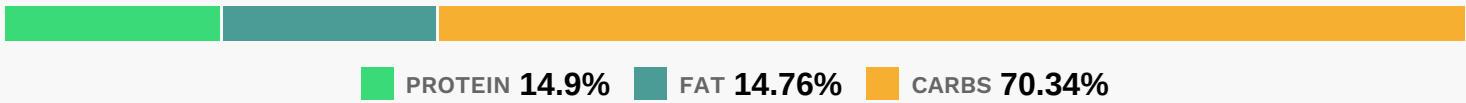
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ Bring sugar and 1/4 cup water to a boil in a small saucepan over medium heat, stirring to dissolve sugar.
- ☐ Add mint sprigs and chile. Scrape in seeds from vanilla bean; add bean.
- ☐ Remove syrup from heat; cover and let steep for 15 minutes for flavors to infuse.
- ☐ Strain syrup through a fine-mesh sieve into a small bowl; stir in lime juice. DO AHEAD: Syrup can be made 1 week ahead. Keep chilled.
- ☐ Arrange melon slices in a 13x9x2" glass baking dish.
- ☐ Pour syrup over melon in baking dish. Cover with plastic wrap and chill for 2 hours to allow flavors to meld.
- ☐ Divide melon slices among plates, overlapping them decoratively.
- ☐ Pour remaining syrup in dish into a small pitcher. DO AHEAD: Melon carpaccio can be made up to 5 hours ahead. Cover and chill melon and remaining syrup separately.
- ☐ Drizzle some of syrup over melon.
- ☐ Place a scoop of sorbet in center of each plate, if using; garnish with mint leaves and lime zest.

Nutrition Facts



Properties

Glycemic Index:34.02, Glycemic Load:70.9, Inflammation Score:-1, Nutrition Score:6.6560869437197%

Flavonoids

Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 800.4kcal (40.02%), Fat: 13.37g (20.57%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 143.29g (47.76%),
Net Carbohydrates: 122.36g (44.49%), Sugar: 17g (18.89%), Cholesterol: 0mg (0%), Sodium: 0.82mg (0.04%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.36g (60.72%), Fiber: 20.93g (83.74%), Iron: 7.89mg (43.83%),
Calcium: 99.22mg (9.92%), Vitamin C: 6.91mg (8.37%)