



Melon Heaven



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



123 kcal

SIDE DISH

Ingredients



1 large cantaloupe ripe



1 large wedges honeydew melon



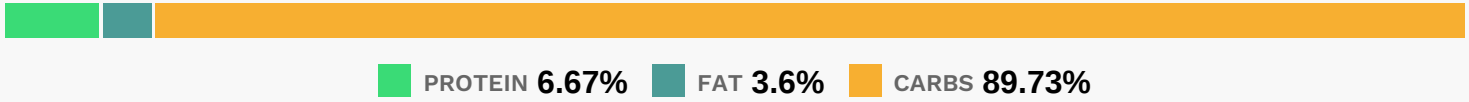
2 quarts water cold

Equipment

Directions

- ☐
- Grate cantaloupe and place in a 2 quart pitcher. Fill the pitcher will water and place in the refrigerator overnight.
- ☐
- Use a balling spoon to make little balls out of the honeydew melon.
- ☐
- Add the honeydew melon balls to the cantaloupe mixture just before serving.

Nutrition Facts



Properties

Glycemic Index:11.25, Glycemic Load:6.74, Inflammation Score:-10, Nutrition Score:13.258261006811%

Flavonoids

Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.87mg, Luteolin:
0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg,
Kaempferol: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 122.93kcal (6.15%), Fat: 0.54g (0.84%), Saturated Fat: 0.15g (0.94%), Carbohydrates: 30.46g (10.15%), Net
Carbohydrates: 27.67g (10.06%), Sugar: 28.01g (31.13%), Cholesterol: 0mg (0%), Sodium: 94.87mg (4.12%), Alcohol:
0g (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.53%), Vitamin A: 4694.91IU (93.9%), Vitamin C: 53.19mg
(64.47%), Potassium: 699.4mg (19.98%), Folate: 59.53µg (14.88%), Vitamin B6: 0.24mg (12.1%), Fiber: 2.79g (11.17%),
Copper: 0.22mg (10.85%), Magnesium: 42.12mg (10.53%), Vitamin B1: 0.15mg (9.84%), Vitamin K: 9.85µg (9.38%),
Vitamin B3: 1.83mg (9.17%), Manganese: 0.11mg (5.66%), Zinc: 0.82mg (5.47%), Selenium: 3.8µg (5.43%), Iron:
0.88mg (4.88%), Vitamin B5: 0.47mg (4.73%), Phosphorus: 46.53mg (4.65%), Vitamin B2: 0.06mg (3.66%),
Calcium: 34.47mg (3.45%)