



Melon Ice Candy

 Vegetarian  Gluten Free

READY IN

ready

385 min.

SERVINGS

servings

20

CALORIES

calories

103 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

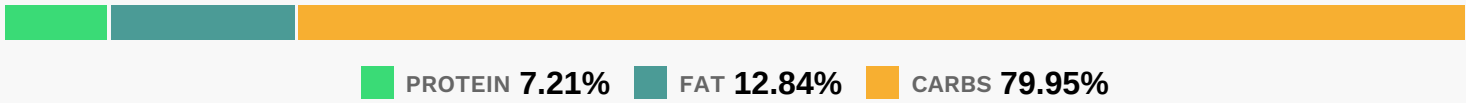
- ☐ 4 pounds cantaloupe shredded
- ☐ 12 fluid ounce evaporated milk canned
- ☐ 2 quarts water
- ☐ 1.3 cups sugar white

Equipment

Directions

Mix cantaloupe, evaporated milk, water, and sugar in a large pitcher, stirring until combined. Refrigerate for 10 minutes. Divide shredded cantaloupe and liquid into molds and freeze until firm, about 6 hours.

Nutrition Facts



Properties

Glycemic Index:6.88, Glycemic Load:13.23, Inflammation Score:-9, Nutrition Score:5.9456521671103%

Flavonoids

Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 102.92kcal (5.15%), Fat: 1.54g (2.38%), Saturated Fat: 0.86g (5.38%), Carbohydrates: 21.63g (7.21%), Net Carbohydrates: 20.91g (7.6%), Sugar: 21.4g (23.78%), Cholesterol: 5.15mg (1.72%), Sodium: 50.88mg (2.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.95g (3.9%), Vitamin A: 3110.5IU (62.21%), Vitamin C: 10.23mg (12.39%), Calcium: 57.44mg (5.74%), Potassium: 196.44mg (5.61%), Phosphorus: 51.44mg (5.14%), Vitamin B2: 0.08mg (4.88%), Copper: 0.1mg (4.8%), Magnesium: 17mg (4.25%), Zinc: 0.55mg (3.64%), Folate: 14.12µg (3.53%), Vitamin B1: 0.05mg (3.52%), Vitamin B3: 0.66mg (3.32%), Fiber: 0.73g (2.9%), Selenium: 2.03µg (2.89%), Vitamin K: 2.56µg (2.43%), Vitamin B6: 0.05mg (2.26%), Iron: 0.38mg (2.14%), Vitamin B5: 0.21mg (2.08%), Manganese: 0.04mg (1.94%)