



WHATSheATE

Melon Melba Bowls



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



387 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 small cantaloupes
- ☐ 0.5 lemon zest juiced
- ☐ 2 sprigs mint leaves fresh finely chopped
- ☐ 2 peaches pitted ripe halved
- ☐ 0.5 pint raspberries
- ☐ 1 pint raspberry sorbet
- ☐ 1 teaspoon sugar

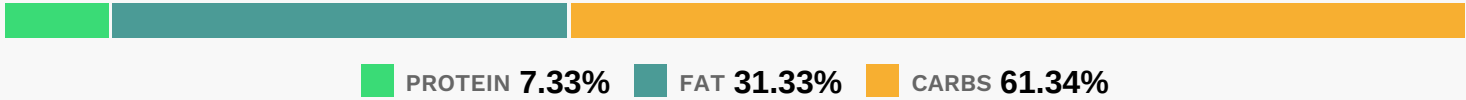
Equipment

☐ bowl

Directions

- ☐ Slice the peaches and add to a medium bowl.
- ☐ Sprinkle with a teaspoon of lemon zest, a couple of tablespoons lemon juice, and sugar.
- ☐ Let the peaches sit for 5 minutes, then gently stir in the mint, if using, and the berries.
- ☐ Halve the cantaloupes and trim the bottoms so they sit flat. Scoop out the seeds and fill with ice cream or sorbet and the Melba topping.

Nutrition Facts



Properties

Glycemic Index:66.21, Glycemic Load:31.6, Inflammation Score:-10, Nutrition Score:19.866086819898%

Flavonoids

Cyanidin: 28.51mg, Cyanidin: 28.51mg, Cyanidin: 28.51mg, Cyanidin: 28.51mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.46mg, Catechin: 4.46mg, Catechin: 4.46mg, Catechin: 4.46mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg, Epigallocatechin 3-gallate: 0.54mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg, Luteolin: 1.47mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 386.65kcal (19.33%), Fat: 14.01g (21.55%), Saturated Fat: 8.17g (51.07%), Carbohydrates: 61.71g (20.57%), Net Carbohydrates: 54.03g (19.65%), Sugar: 52.39g (58.21%), Cholesterol: 52.05mg (17.35%), Sodium: 171.34mg (7.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.37g (14.74%), Vitamin A: 8240.96IU (164.82%), Vitamin C: 44.44mg (53.87%), Fiber: 7.68g (30.72%), Manganese: 0.55mg (27.39%), Vitamin B2: 0.39mg (23.02%), Potassium: 766.47mg (21.9%), Phosphorus: 195.8mg (19.58%), Calcium: 191.28mg (19.13%), Copper: 0.33mg (16.44%), Magnesium: 64.75mg (16.19%), Zinc: 2.21mg (14.77%), Folate: 54.37µg (13.59%), Vitamin B3: 2.64mg

(13.19%), Vitamin B1: 0.19mg (12.96%), Vitamin K: 13.17µg (12.54%), Vitamin B5: 1.23mg (12.32%), Selenium: 7.58µg (10.83%), Vitamin E: 1.53mg (10.19%), Vitamin B6: 0.2mg (9.91%), Iron: 1.64mg (9.11%), Vitamin B12: 0.46µg (7.69%), Vitamin D: 0.24µg (1.58%)