



Melon, orange & raspberry cups



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



81 kcal

SIDE DISH

Ingredients

- ☐ 500 g cavaillon melon or mixed chopped (or flesh from 1 medium melon)
- ☐ 1 orange juice
- ☐ 2 tbsp brown sugar soft
- ☐ 150 g raspberries

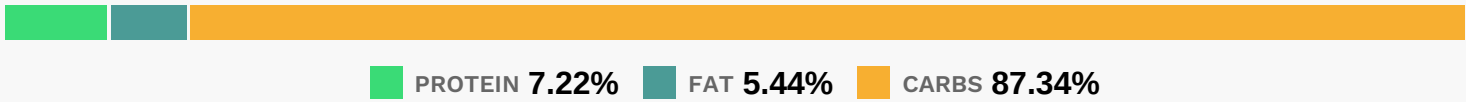
Equipment

- ☐ bowl

Directions

- ☐ Tip the melon pieces into a large bowl. Splash over the orange juice and zest and sprinkle with the sugar.
- ☐ Mix well, then leave for 10 mins or until the sugar melts. Stir the raspberries through, then serve with ice cream or crme frache.

Nutrition Facts



Properties

Glycemic Index:31.5, Glycemic Load:4.08, Inflammation Score:-10, Nutrition Score:9.7308695465326%

Flavonoids

Cyanidin: 17.16mg, Cyanidin: 17.16mg, Cyanidin: 17.16mg, Cyanidin: 17.16mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 81.05kcal (4.05%), Fat: 0.52g (0.81%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 18.91g (6.3%), Net Carbohydrates: 15.19g (5.52%), Sugar: 14.99g (16.65%), Cholesterol: 0mg (0%), Sodium: 22.7mg (0.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.12%), Vitamin A: 4269.88IU (85.4%), Vitamin C: 34.83mg (42.21%), Fiber: 3.72g (14.87%), Manganese: 0.26mg (12.86%), Folate: 49.94µg (12.48%), Potassium: 308.36mg (8.81%), Magnesium: 21.94mg (5.48%), Vitamin B3: 1.04mg (5.2%), Copper: 0.09mg (4.66%), Vitamin B6: 0.09mg (4.58%), Phosphorus: 45.42mg (4.54%), Vitamin B5: 0.45mg (4.47%), Iron: 0.67mg (3.72%), Calcium: 37.01mg (3.7%), Vitamin E: 0.46mg (3.05%), Vitamin K: 2.94µg (2.8%), Zinc: 0.29mg (1.95%), Vitamin B1: 0.03mg (1.7%), Vitamin B2: 0.02mg (1.1%)