



Melon Salad with Lemon Verbena Blackberry Sauce & Pistachios



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



225 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup blackberries
- ☐ 2 tablespoon granulated sugar
- ☐ 6 lemon verbena leaves
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 3.3 lb galia melon
- ☐ 0.3 cup pistachios unsalted shelled toasted roughly chopped

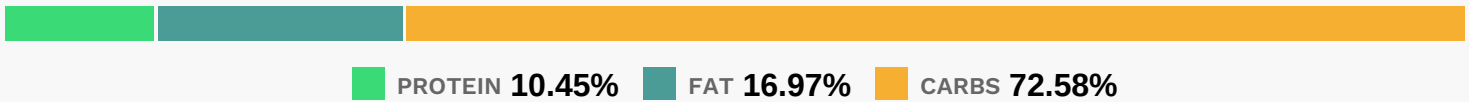
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ melon baller

Directions

- ☐ Set ¼ cup of the blackberries aside as garnish.
- ☐ Add the rest to a blender with the sugar and lemon juice. Process until smooth. Adjust the consistency slightly with water if necessary. Press the pulp through a fine meshed strainer into a small saucepan. Discard solids. Again adjust consistency if necessary.
- ☐ Add the lemon verbena to the blackberry sauce, and gently heat without boiling about 4 minutes.
- ☐ Let the sauce cool completely, then remove the lemon verbena leaves. Divide the sauce between 4 serving bowls. Halve the melon crosswise and remove seeds. Scoop the flesh using a melon baller into uniform balls. Arrange the melon on top of the sauce in each bowl, top with reserved blackberries and pistachios.

Nutrition Facts



Properties

Glycemic Index:42.15, Glycemic Load:15.41, Inflammation Score:-10, Nutrition Score:21.1299999917486%

Flavonoids

Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg, Cyanidin: 35.98mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg, Catechin: 13.34mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg, Epicatechin: 1.68mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 34.79mg, Eriodictyol: 34.79mg, Eriodictyol: 34.79mg, Eriodictyol: 34.79mg Hesperetin: 45.74mg, Hesperetin: 45.74mg, Hesperetin: 45.74mg, Hesperetin: 45.74mg Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg, Naringenin: 0.94mg Luteolin: 3.08mg, Luteolin: 3.08mg, Luteolin: 3.08mg, Luteolin: 3.08mg

Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 224.7kcal (11.24%), Fat: 4.95g (7.61%), Saturated Fat: 0.5g (3.15%), Carbohydrates: 47.61g (15.87%), Net Carbohydrates: 36.67g (13.34%), Sugar: 30.91g (34.35%), Cholesterol: 0mg (0%), Sodium: 64.6mg (2.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.86g (13.72%), Vitamin A: 12596.97IU (251.94%), Vitamin C: 146.7mg (177.82%), Fiber: 10.93g (43.73%), Folate: 142.05µg (35.51%), Potassium: 993.72mg (28.39%), Vitamin B6: 0.41mg (20.62%), Manganese: 0.38mg (18.87%), Copper: 0.37mg (18.35%), Phosphorus: 163.8mg (16.38%), Magnesium: 62.67mg (15.67%), Iron: 2.51mg (13.92%), Vitamin B3: 2.71mg (13.57%), Vitamin B5: 1.3mg (12.99%), Calcium: 122.99mg (12.3%), Vitamin B1: 0.13mg (8.42%), Vitamin E: 1.21mg (8.03%), Vitamin K: 8.14µg (7.75%), Zinc: 0.84mg (5.59%), Vitamin B2: 0.06mg (3.61%), Selenium: 1.6µg (2.29%)