



## Melon Salad with Lime-Ginger Syrup

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



25 min.

SERVINGS



15

CALORIES



62 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 large cantaloupe ripe
- 1 piece ginger fresh thinly sliced
- 0.5 large honeydew ripe
- 0.3 cup juice of lime (from 3 small limes)
- 1 teaspoon lime zest grated
- 1 tablespoon mint leaves plus more for garnish thinly sliced
- 0.3 cup sugar
- 0.3 medium watermelon seedless

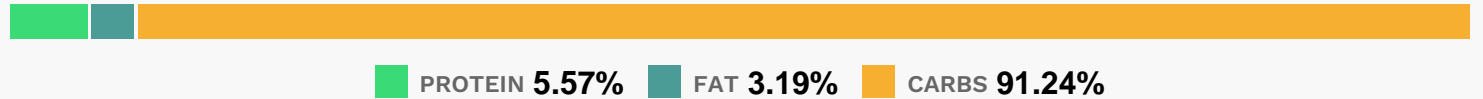
## Equipment

- bowl
- frying pan
- melon baller

## Directions

- Using a melon baller, scoop 1-inch balls from melons and combine in a bowl. Fold in mint and zest. Refrigerate.
- Bring sugar, 1/3cup water and ginger to a boil in a pan over medium-high heat, stirring until sugar dissolves. Boil until reduced by half and syrupy, about 6minutes.
- Remove from heat; stir in juice.
- Pour into a container and refrigerate until chilled.
- When ready to serve, spoon melon balls into 4bowls. Strain syrup and spoon 1Tbsp. over each bowl.
- Garnish with more mint, if desired.

## Nutrition Facts



## Properties

Glycemic Index:17.28, Glycemic Load:7.69, Inflammation Score:-7, Nutrition Score:4.333913029536%

## Flavonoids

Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg  
Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.45mg, Hesperetin:  
0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg,  
Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.56mg,  
Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol:  
0.36mg, Kaempferol: 0.36mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 61.57kcal (3.08%), Fat: 0.24g (0.37%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 15.56g (5.19%), Net Carbohydrates: 14.65g (5.33%), Sugar: 13.66g (15.18%), Cholesterol: 0mg (0%), Sodium: 16.85mg (0.73%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Vitamin A: 1381.98IU (27.64%), Vitamin C: 18.09mg (21.93%), Potassium: 232.63mg (6.65%), Vitamin B6: 0.08mg (4.25%), Magnesium: 16.09mg (4.02%), Folate: 15µg (3.75%), Vitamin B1: 0.06mg (3.71%), Fiber: 0.91g (3.66%), Copper: 0.07mg (3.42%), Manganese: 0.06mg (2.85%), Vitamin B5: 0.27mg (2.68%), Vitamin B3: 0.52mg (2.58%), Iron: 0.38mg (2.12%), Vitamin K: 2.07µg (1.97%), Phosphorus: 18.55mg (1.85%), Vitamin B2: 0.03mg (1.79%), Zinc: 0.24mg (1.61%), Selenium: 1.09µg (1.55%), Calcium: 11.78mg (1.18%)