



Melon Salad with Orange-Mint Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



12

CALORIES



92 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup sugar
- ☐ 2 teaspoons orange zest grated
- ☐ 0.5 cup orange juice fresh (1 large orange)
- ☐ 1 teaspoon cornstarch
- ☐ 1 tablespoon mint leaves thinly sliced
- ☐ 1 medium wedges honeydew melon seeded cut in half,
- ☐ 1 medium cantaloupe
- ☐ 1 sprigs mint leaves fresh

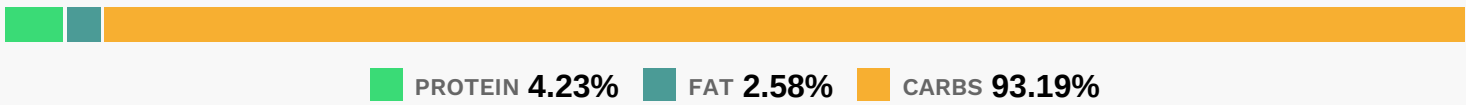
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ melon baller

Directions

- ☐ In 1-quart saucepan, mix sugar, orange peel, orange juice and cornstarch.
- ☐ Heat to boiling over medium heat, stirring occasionally. Reduce heat to low; simmer uncovered about 8 minutes, stirring frequently, until sugar has dissolved and syrup has thickened. Stir in sliced mint. Cover; refrigerate at least 30 minutes, stirring occasionally.
- ☐ Meanwhile, cut honeydew melon in half; remove and discard seeds. With melon baller, scoop out melon into balls; place in medium bowl.
- ☐ Cut cantaloupe in half; remove and discard seeds.
- ☐ Remove rind; cut cantaloupe into 1-inch-thick wedges. Arrange cantaloupe on serving platter.
- ☐ Gently toss melon balls with cooled syrup. To serve, spoon melon balls on top and around cantaloupe; drizzle with remaining syrup.
- ☐ Garnish with mint sprigs.

Nutrition Facts



Properties

Glycemic Index:15.8, Glycemic Load:8.65, Inflammation Score:-8, Nutrition Score:5.9413043558598%

Flavonoids

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg
Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg
Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg, Hesperetin: 1.29mg
Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg
Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg
Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg
Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg
Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 92.08kcal (4.6%), Fat: 0.28g (0.44%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 23.13g (7.71%), Net Carbohydrates: 21.82g (7.93%), Sugar: 21.47g (23.86%), Cholesterol: 0mg (0%), Sodium: 33.37mg (1.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Vitamin C: 29.99mg (36.36%), Vitamin A: 1652.36IU (33.05%), Potassium: 339.81mg (9.71%), Folate: 30.48µg (7.62%), Vitamin B6: 0.12mg (5.88%), Fiber: 1.32g (5.28%), Vitamin B1: 0.07mg (4.88%), Magnesium: 18.26mg (4.57%), Vitamin K: 4.35µg (4.14%), Vitamin B3: 0.82mg (4.09%), Copper: 0.07mg (3.59%), Manganese: 0.06mg (2.77%), Vitamin B5: 0.24mg (2.37%), Selenium: 1.6µg (2.28%), Iron: 0.41mg (2.28%), Phosphorus: 21.77mg (2.18%), Zinc: 0.31mg (2.07%), Vitamin B2: 0.03mg (1.85%), Calcium: 13.52mg (1.35%)