

Melon Slush



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



61 kcal

Ingredients

☐ 4 cups cantaloupe ripe cubed

☐ 5 ice crushed

☐ 0.3 cup orange juice fresh

Equipment

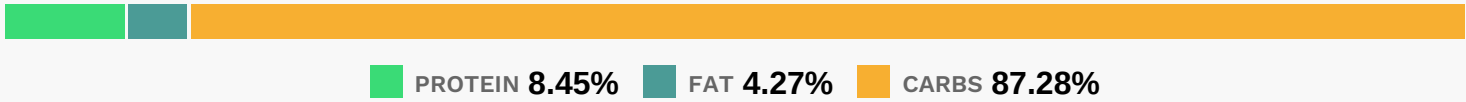
Directions

☐ Place crushed ice in a blender.

☐ Add the melon and orange juice. Blend until slushy-smooth, about 10 seconds.

- ☐ Serve slush immediately in glasses with slices of melon on the side.
- ☐ Other

Nutrition Facts



Properties

Glycemic Index:29.88, Glycemic Load:8.77, Inflammation Score:-10, Nutrition Score:9.0682609366334%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg, Luteolin: 1.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 61.38kcal (3.07%), Fat: 0.32g (0.49%), Saturated Fat: 0.09g (0.53%), Carbohydrates: 14.67g (4.89%), Net Carbohydrates: 13.36g (4.86%), Sugar: 13.91g (15.46%), Cholesterol: 0mg (0%), Sodium: 48.22mg (2.1%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Vitamin A: 5442.2IU (108.84%), Vitamin C: 25.19mg (30.53%), Potassium: 282.2mg (8.06%), Copper: 0.14mg (7.15%), Folate: 27.05µg (6.76%), Vitamin B1: 0.09mg (6.16%), Vitamin B3: 1.17mg (5.86%), Magnesium: 22.52mg (5.63%), Fiber: 1.31g (5.24%), Zinc: 0.71mg (4.75%), Vitamin K: 4.34µg (4.13%), Selenium: 2.74µg (3.91%), Iron: 0.64mg (3.55%), Vitamin B6: 0.07mg (3.51%), Manganese: 0.07mg (3.39%), Phosphorus: 29.83mg (2.98%), Vitamin B2: 0.05mg (2.81%), Vitamin B5: 0.2mg (1.97%), Calcium: 16.14mg (1.61%)