



Melon Soup

READY IN



135 min.

SERVINGS



8

CALORIES



301 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 crenshaw melons roughly chopped
- 10 crostini bread sticks
- 2 tablespoons mint leaves fresh
- 3 tablespoons grappa
- 0.8 cup honey
- 0.3 cup juice of lemon
- 10 slices pancetta thin
- 8 servings gray salt
- 0.3 cup sugar white

1 cup yogurt

Equipment

blender

Directions

Place melon cubes, lemon juice, white sugar, honey, and a pinch of salt in a blender and puree for 1 minute. Then add the mint and yogurt and puree another 1 minute. While pureeing, add the grappa.

Transfer the puree to a glass pitcher. Refrigerate.

Serve with crostini bread sticks wrapped in prosciutto to enhance the soup's sweet flavors.

Nutrition Facts



PROTEIN 8.75% **FAT 20.19%** **CARBS 71.06%**

Properties

Glycemic Index:25, Glycemic Load:27.22, Inflammation Score:-4, Nutrition Score:8.673478298861%

Flavonoids

Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 300.54kcal (15.03%), Fat: 6.64g (10.21%), Saturated Fat: 2.22g (13.88%), Carbohydrates: 52.57g (17.52%), Net Carbohydrates: 50.33g (18.3%), Sugar: 36.36g (40.4%), Cholesterol: 10.58mg (3.53%), Sodium: 442.59mg (19.24%), Alcohol: 2.27g (100%), Alcohol %: 1.89% (100%), Protein: 6.47g (12.94%), Vitamin C: 23.26mg (28.19%), Manganese: 0.48mg (24.1%), Selenium: 13.11µg (18.73%), Folate: 52.22µg (13.05%), Vitamin B1: 0.19mg (12.83%), Vitamin B3: 2.54mg (12.71%), Phosphorus: 98.64mg (9.86%), Vitamin B2: 0.17mg (9.81%), Calcium: 91.31mg (9.13%), Iron: 1.62mg (9.02%), Fiber: 2.24g (8.95%), Magnesium: 25.28mg (6.32%), Zinc: 0.94mg (6.25%), Potassium: 217.1mg (6.2%), Vitamin B5: 0.55mg (5.47%), Vitamin B6: 0.1mg (4.9%), Copper: 0.08mg (4.2%), Vitamin A: 197.78IU (3.96%), Vitamin B12: 0.16µg (2.72%), Vitamin K: 1.78µg (1.69%)