



## Melon Soup

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



176 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 cantaloupes small to medium ripe
- 1 juice of lime juiced
- 2 kiwis diced peeled thinly sliced
- 0.5 pint raspberries
- 1.5 cups spring water
- 2 tablespoons sugar

### Equipment

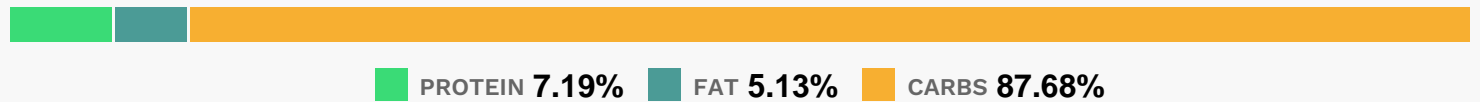
- food processor

bowl

## Directions

- Watch how to make this recipe.
- Cut ends off each cantaloupe and stand upright.
- Remove skin in strips working around melons. Halve melons and seed with spoon. Chunk melons and place pieces in food processor. You will work in 2 batches. Fill processor 3/4 full.
- Add 1 tablespoon sugar, the juice of 1/2 lime and about 3/4 cup spring water. Pulse grind them process soup until smooth. Adjust sugar to your taste and pour soup into 2 bowls, repeat process. Top each soup bowl with kiwi and raspberries and serve.

## Nutrition Facts



## Properties

Glycemic Index:54.06, Glycemic Load:21.37, Inflammation Score:-10, Nutrition Score:19.347391315128%

## Flavonoids

Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg, Cyanidin: 27.07mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg, Pelargonidin: 0.58mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg, Catechin: 0.77mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg, Epicatechin: 2.2mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg, Luteolin: 2.1mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

## Nutrients (% of daily need)

Calories: 175.96kcal (8.8%), Fat: 1.11g (1.7%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 42.54g (14.18%), Net Carbohydrates: 35.09g (12.76%), Sugar: 34.57g (38.41%), Cholesterol: 0mg (0%), Sodium: 90.31mg (3.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.97%), Vitamin A: 9397.17IU (187.94%), Vitamin C: 81.82mg (99.17%), Fiber: 7.45g (29.79%), Vitamin K: 30.45µg (29%), Manganese: 0.56mg (27.78%), Copper: 0.37mg

(18.27%), Potassium: 621.62mg (17.76%), Folate: 63.64µg (15.91%), Magnesium: 57.66mg (14.41%), Vitamin B3: 2.45mg (12.24%), Vitamin B1: 0.17mg (11.22%), Zinc: 1.54mg (10.28%), Iron: 1.58mg (8.75%), Vitamin B6: 0.17mg (8.68%), Vitamin E: 1.26mg (8.4%), Phosphorus: 80.59mg (8.06%), Selenium: 4.94µg (7.06%), Vitamin B2: 0.11mg (6.51%), Calcium: 59.32mg (5.93%), Vitamin B5: 0.58mg (5.77%)