



Mint-Honeydew Ice



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



2

CALORIES



951 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups mint leaves fresh loosely packed
- ☐ 8 cups wedges honeydew melon cubed
- ☐ 4.5 teaspoons juice of lemon fresh
- ☐ 1 pinch salt
- ☐ 1.5 cups simple syrup glaze

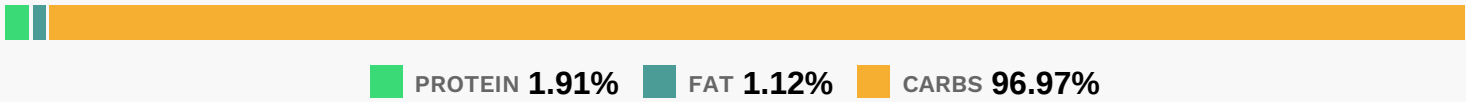
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Stir together first 5 ingredients, and process, in 2 batches, in a blender or food processor until smooth.
- ☐ Pour mixture into freezer container of a 1-gal. electric ice-cream maker, and freeze according to manufacturer's instructions. (Instructions and times may vary.)
- ☐ Drizzle with bourbon or rum just before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-9, Nutrition Score:25.958695847055%

Flavonoids

Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg
Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg
Eriodictyol: 10.98mg, Eriodictyol: 10.98mg, Eriodictyol: 10.98mg
Hesperetin: 5.06mg, Hesperetin: 5.06mg
Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg
Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg, Apigenin: 1.82mg
Luteolin: 4.27mg, Luteolin: 4.27mg, Luteolin: 4.27mg, Luteolin: 4.27mg
Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 950.8kcal (47.54%), Fat: 1.3g (1.99%), Saturated Fat: 0.35g (2.16%), Carbohydrates: 252.48g (84.16%), Net Carbohydrates: 244.3g (88.84%), Sugar: 240.51g (267.24%), Cholesterol: 0mg (0%), Sodium: 298.95mg (13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.98g (9.95%), Vitamin C: 137.49mg (166.65%), Iron: 11.98mg (66.55%), Potassium: 1913.26mg (54.66%), Folate: 169.93µg (42.48%), Vitamin B1: 0.62mg (41.16%), Vitamin A: 1774.38IU (35.49%), Fiber: 8.17g (32.69%), Vitamin B6: 0.65mg (32.36%), Magnesium: 120.95mg (30.24%), Manganese: 0.58mg (29.09%), Vitamin B2: 0.32mg (19.1%), Vitamin K: 19.72µg (18.78%), Vitamin B3: 3.68mg (18.41%), Copper: 0.33mg (16.33%), Calcium: 156.36mg (15.64%), Phosphorus: 120.56mg (12.06%), Vitamin B5: 1.18mg (11.83%), Zinc: 1.47mg (9.82%), Selenium: 6.54µg (9.34%), Vitamin E: 0.15mg (1.02%)