



Minted Cantaloupe Dessert Soup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



108 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 cups cantaloupe cubed (2 large)
- ☐ 3 tablespoons juice of lime
- ☐ 2 tablespoons nonfat cream alternative sour
- ☐ 0.8 cup orange juice unsweetened
- ☐ 0.3 teaspoon peppermint extract
- ☐ 2 teaspoons powdered sugar
- ☐ 8 ounce carton vanilla yogurt low-fat

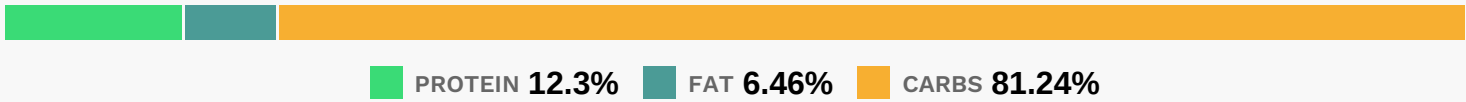
Equipment

- ☐ bowl
- ☐ ladle
- ☐ blender

Directions

- ☐ Place 3 cups cantaloupe and next 3 ingredients in container of an electric blender; cover and process until smooth, stopping once to scrape down sides.
- ☐ Add remaining 3 cups cantaloupe; cover and process until smooth.
- ☐ Combine yogurt and powdered sugar in a large bowl; stir in cantaloupe mixture. Cover and chill. To serve, ladle soup into individual bowls. Top each serving with 1 teaspoon sour cream.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:19.92, Glycemic Load:9.59, Inflammation Score:-10, Nutrition Score:11.524782647257%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 4.38mg, Hesperetin: 4.38mg, Hesperetin: 4.38mg, Hesperetin: 4.38mg Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg, Naringenin: 0.69mg 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: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 108.39kcal (5.42%), Fat: 0.83g (1.27%), Saturated Fat: 0.39g (2.46%), Carbohydrates: 23.44g (7.81%), Net Carbohydrates: 22.07g (8.02%), Sugar: 21.24g (23.6%), Cholesterol: 2.25mg (0.75%), Sodium: 79.08mg (3.44%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 3.55g (7.1%), Vitamin A: 5503.4IU (110.07%), Vitamin C: 35.49mg (43.02%), Potassium: 410.18mg (11.72%), Folate: 37.05µg (9.26%), Calcium: 88.52mg (8.85%), Phosphorus: 88.36mg (8.84%), Vitamin B1: 0.13mg (8.38%), Vitamin B2: 0.14mg (7.99%), Copper: 0.16mg (7.87%), Magnesium: 31.28mg (7.82%), Zinc: 1.06mg (7.06%), Selenium: 4.83µg (6.9%), Vitamin B3: 1.29mg (6.45%), Fiber: 1.37g (5.49%), Vitamin B6: 0.1mg (4.86%), Vitamin B5: 0.44mg (4.45%), Vitamin K: 4.43µg (4.22%), Iron: 0.7mg (3.91%), Manganese: 0.07mg (3.66%), Vitamin B12: 0.21µg (3.54%)