



Minted Watermelon Basket

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



16

CALORIES



118 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 watermelon whole
- 1 cup grapes green
- 3 cups cantaloupe balls
- 0.3 cup mint leaves fresh finely chopped
- 2 tablespoons juice of lemon
- 0.3 cup sugar
- 1 cup strawberries fresh
- 1 serving mint leaves fresh

Equipment

- bowl
- knife

Directions

- Using long sharp knife, cut a thin slice from end of watermelon, being careful not to cut into flesh of watermelon. Stand watermelon on cut end. Using a washable marker, mark handle at top of basket by drawing 2 parallel lines that are 2 1/2 inches apart, starting at top of watermelon and drawing lines about 6 inches down each side.
- Using a sharp knife, cut out a wedge-shaped piece of watermelon from each side, leaving the handle intact. Using a large spoon, gently scoop out watermelon flesh, leaving about 4 inches of flesh at bottom of watermelon.
- With a small knife or garnishing tool, make "V" or scallop cuts about 2 inches apart on cut sides and handle of watermelon basket.
- Cut watermelon into 1-inch chunks or use melon ball tool to make balls of watermelon. Measure 3 cups of watermelon and place in large bowl. Refrigerate remaining watermelon for another use.
- Add grapes and cantaloupe to watermelon in bowl. Gently mix in 1/4 cup mint, the lemon juice and sugar. Refrigerate fruit mixture and watermelon basket separately until ready to use. Just before serving, fill watermelon basket with fruit mixture.
- Garnish with strawberries and additional mint leaves.

Nutrition Facts

 PROTEIN 6.5%  FAT 3.71%  CARBS 89.79%

Properties

Glycemic Index:18.64, Glycemic Load:19.8, Inflammation Score:-9, Nutrition Score:8.5191304528195%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg, Pelargonidin: 2.24mg Catechin: 0.28mg,

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Nutrients (% of daily need)

Calories: 118.03kcal (5.9%), Fat: 0.55g (0.84%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 29.7g (9.9%), Net Carbohydrates: 27.98g (10.17%), Sugar: 25.12g (27.91%), Cholesterol: 0mg (0%), Sodium: 13.33mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.15g (4.3%), Vitamin A: 2762.66IU (55.25%), Vitamin C: 32.96mg (39.95%), Potassium: 405.25mg (11.58%), Magnesium: 34.99mg (8.75%), Manganese: 0.17mg (8.56%), Copper: 0.17mg (8.28%), Vitamin B1: 0.12mg (7.92%), Vitamin B6: 0.15mg (7.7%), Fiber: 1.72g (6.89%), Vitamin B5: 0.68mg (6.77%), Iron: 0.91mg (5.08%), Vitamin B2: 0.08mg (4.68%), Folate: 16.68µg (4.17%), Phosphorus: 41.34mg (4.13%), Vitamin B3: 0.8mg (3.99%), Zinc: 0.46mg (3.04%), Calcium: 27.06mg (2.71%), Vitamin K: 2.75µg (2.62%), Selenium: 1.76µg (2.51%), Vitamin E: 0.2mg (1.36%)