



Mojito Melon Kabobs



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



80 min.

SERVINGS



12

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 lime
- ☐ 1.5 lb bitter melon assorted cut into 1-inch cubes (5 cups)
- ☐ 0.3 cup sugar
- ☐ 0.3 cup rum dark
- ☐ 3 tablespoons mint leaves fresh finely chopped
- ☐ 12 bamboo skewers (5 or 6 inch)

Equipment

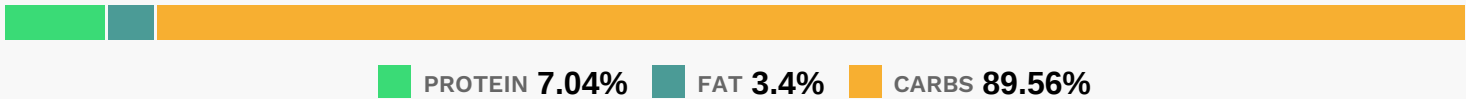
- ☐ bowl

- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Grate 2 tablespoons peel from limes.
- ☐ Cut each lime in half crosswise; squeeze halves over small bowl to remove 6 tablespoons juice.
- ☐ Place melon cubes in 1-gallon resealable food-storage plastic bag.
- ☐ Sprinkle lime peel and pour lime juice over melon.
- ☐ Add sugar, rum and mint. Seal bag; turn to coat melon.
- ☐ Refrigerate at least 1 hour to blend flavors but no longer than 24 hours. To serve, thread 4 or 5 melon cubes on each skewer. Discard marinade.

Nutrition Facts



Properties

Glycemic Index:12.42, Glycemic Load:4.16, Inflammation Score:-5, Nutrition Score:5.1617391334604%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 4.93mg, Hesperetin: 4.93mg, Hesperetin: 4.93mg, Hesperetin: 4.93mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg 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: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 50.84kcal (2.54%), Fat: 0.15g (0.23%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 9.02g (3.01%), Net Carbohydrates: 7.01g (2.55%), Sugar: 5.75g (6.39%), Cholesterol: 0mg (0%), Sodium: 3.64mg (0.16%), Alcohol: 2.23g (100%), Alcohol %: 3.43% (100%), Protein: 0.71g (1.42%), Vitamin C: 51.29mg (62.16%), Folate: 43.17µg (10.79%), Fiber: 2.01g (8.06%), Vitamin A: 325.87IU (6.52%), Potassium: 187.38mg (5.35%), Manganese: 0.07mg (3.45%), Zinc: 0.49mg (3.26%), Magnesium: 11.35mg (2.84%), Iron: 0.38mg (2.13%), Phosphorus: 21.02mg (2.1%), Vitamin B1: 0.03mg (1.85%), Calcium: 17.63mg (1.76%), Vitamin B2: 0.03mg (1.75%), Copper: 0.03mg (1.68%), Vitamin B6: 0.03mg (1.61%), Vitamin B5: 0.15mg (1.5%), Vitamin B3: 0.27mg (1.36%)