

Rainbow Melon Julep

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



8

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups cantaloupe balls
- 2 tablespoons mint leaves dried fresh minced
- 3 cups wedges honeydew melon
- 1 cup lemon lime soda
- 0.5 cup juice of lime
- 2 teaspoons lime zest grated
- 0.5 cup orange juice
- 2 teaspoons orange zest grated

1 cup sugar substitute

3 cups meatballs

Equipment

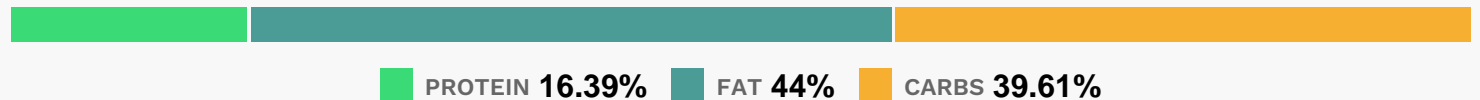
bowl

Directions

In a large bowl, combine the melon balls. In a small bowl, combine the orange juice, lime juice, sugar substitute, mint, orange peel and lime peel.

Pour over melon; gently stir to coat. Cover and refrigerate for 2 hours or until chilled. Just before serving, add soda and gently stir to coat.

Nutrition Facts



Properties

Glycemic Index:25.19, Glycemic Load:14.43, Inflammation Score:-8, Nutrition Score:13.742608671603%

Flavonoids

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.74mg,
Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Eriodictyol: 0.74mg Hesperetin: 3.55mg, Hesperetin: 3.55mg, Hesperetin:
3.55mg, Hesperetin: 3.55mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg
Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.44mg, Luteolin: 0.44mg,
Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol:
0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin:
0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 379.69kcal (18.98%), Fat: 19.02g (29.27%), Saturated Fat: 7.04g (43.98%), Carbohydrates: 38.53g (12.84%), Net Carbohydrates: 37.41g (13.6%), Sugar: 33.31g (37.01%), Cholesterol: 63.88mg (21.29%), Sodium: 78.25mg (3.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 4.43mg (1.48%), Protein: 15.94g (31.88%), Vitamin B1: 0.71mg (47.66%), Vitamin C: 30.43mg (36.88%), Selenium: 23.06µg (32.94%), Vitamin A: 1628.63IU (32.57%), Vitamin B3: 4.54mg (22.68%), Vitamin B6: 0.43mg (21.41%), Phosphorus: 175.66mg (17.57%), Potassium: 528.12mg (15.09%), Zinc: 2.24mg (14.95%), Vitamin B2: 0.24mg (14.05%), Vitamin B12: 0.62µg (10.35%), Magnesium: 33.33mg (8.33%), Vitamin B5: 0.79mg (7.94%), Folate: 30.52µg (7.63%), Iron: 1.18mg (6.55%), Copper: 0.11mg

(5.43%), Fiber: 1.12g (4.49%), Manganese: 0.06mg (3.19%), Vitamin K: 3.15µg (3%), Calcium: 28.65mg (2.86%)