



Refreshing Melon Duo

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



30 kcal

SIDE DISH

Ingredients

- 1 teaspoon brown sugar
- 2 cups cantaloupe cubed
- 2 cups wedges honeydew melon cubed
- 0.3 cup balsamic vinegar white

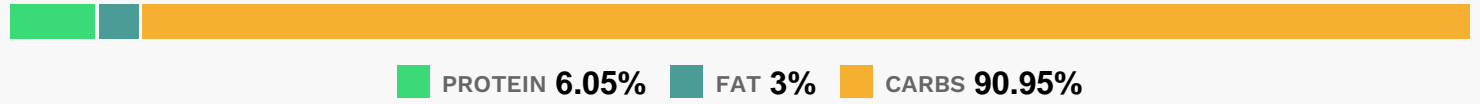
Equipment

- bowl

Directions

- Combine 2 cups cubed honeydew melon and 2 cups cubed cantaloupe in a bowl.
- Combine 1/4 cup white balsamic vinegar and 1 teaspoon brown sugar; stir to dissolve.
- Pour over melon cubes; stir gently to coat. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:11.75, Glycemic Load:2.13, Inflammation Score:-6, Nutrition Score:2.7199999495693%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg

Nutrients (% of daily need)

Calories: 30.25kcal (1.51%), Fat: 0.11g (0.16%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 7.18g (2.39%), Net Carbohydrates: 6.65g (2.42%), Sugar: 6.62g (7.36%), Cholesterol: 0mg (0%), Sodium: 17.3mg (0.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.48g (0.96%), Vitamin A: 1099.24IU (21.98%), Vitamin C: 9.61mg (11.65%), Potassium: 135.43mg (3.87%), Folate: 10.94µg (2.74%), Vitamin B6: 0.04mg (2.14%), Fiber: 0.53g (2.11%), Magnesium: 8.36mg (2.09%), Vitamin B1: 0.03mg (1.91%), Copper: 0.04mg (1.86%), Vitamin B3: 0.36mg (1.82%), Vitamin K: 1.85µg (1.76%), Manganese: 0.03mg (1.55%), Iron: 0.23mg (1.27%), Zinc: 0.18mg (1.18%), Selenium: 0.79µg (1.12%), Phosphorus: 10.41mg (1.04%)