



## Refreshing Melon Soup with Assorted Berries

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



6

CALORIES



159 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup blackberries
- 1 cup blueberries
- 2 cantaloupes cut into chunks
- 16 oz knudsen milkfat cottage cheese 2% low fat
- 1 cup raspberries
- 1 cup strawberries cut in half

### Equipment

- bowl

blender

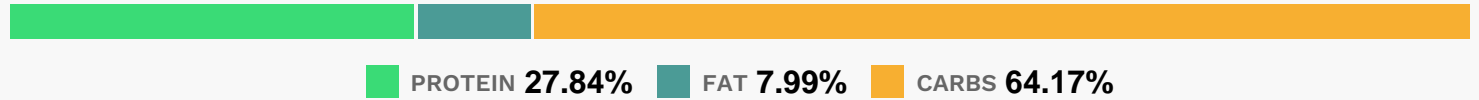
## Directions

Blend cantaloupe in blender until smooth.

Pour into soup bowls

Top with berries and cottage cheese.

## Nutrition Facts



## Properties

Glycemic Index:33.08, Glycemic Load:11.42, Inflammation Score:-10, Nutrition Score:16.576956479446%

## Flavonoids

Cyanidin: 35.63mg, Cyanidin: 35.63mg, Cyanidin: 35.63mg, Cyanidin: 35.63mg Petunidin: 7.87mg, Petunidin: 7.87mg, Petunidin: 7.87mg, Petunidin: 7.87mg Delphinidin: 9.08mg, Delphinidin: 9.08mg, Delphinidin: 9.08mg, Delphinidin: 9.08mg Malvidin: 16.7mg, Malvidin: 16.7mg, Malvidin: 16.7mg, Malvidin: 16.7mg Pelargonidin: 6.27mg, Pelargonidin: 6.27mg, Pelargonidin: 6.27mg, Pelargonidin: 6.27mg Peonidin: 5.09mg, Peonidin: 5.09mg, Peonidin: 5.09mg, Peonidin: 5.09mg Catechin: 11.21mg, Catechin: 11.21mg, Catechin: 11.21mg, Catechin: 11.21mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg, Luteolin: 1.23mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

## Nutrients (% of daily need)

Calories: 159.45kcal (7.97%), Fat: 1.5g (2.31%), Saturated Fat: 0.6g (3.74%), Carbohydrates: 27.18g (9.06%), Net Carbohydrates: 22.06g (8.02%), Sugar: 22.24g (24.71%), Cholesterol: 3.02mg (1.01%), Sodium: 363.06mg (15.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.79g (23.58%), Vitamin A: 6328.04IU (126.56%), Vitamin C: 46.84mg (56.78%), Manganese: 0.54mg (27.11%), Fiber: 5.12g (20.46%), Vitamin K: 16.64µg (15.85%), Phosphorus: 152.38mg (15.24%), Selenium: 10.19µg (14.56%), Potassium: 478.69mg (13.68%), Folate: 52.27µg (13.07%), Copper: 0.26mg (13.04%), Vitamin B2: 0.2mg (11.98%), Magnesium: 41.5mg (10.37%), Vitamin B3: 1.84mg (9.22%), Zinc: 1.38mg (9.21%), Vitamin B1: 0.13mg (8.81%), Vitamin B6: 0.17mg (8.37%), Calcium: 79.96mg (8%), Vitamin B12:

0.48µg (7.94%), Iron: 1.26mg (7%), Vitamin B5: 0.55mg (5.48%), Vitamin E: 0.76mg (5.1%)