



Sherbet and Melon

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



15 min.

SERVINGS



6

CALORIES



219 kcal

Ingredients

- 1 medium wedges honeydew melon
- 2 cups pineapple sherbet
- 1.5 cups raspberries fresh
- 6 tablespoons crème de cassis liqueur

Equipment

Directions

- Cut melon lengthwise in half; remove seeds.

- Cut melon into 1/4-inch slices; cut away rind.
- Cut slices in half.
- For each serving, arrange 5 half-slices melon in fan shape on serving plate.
- Place 1 scoop sherbet at base of slices.
- Sprinkle with 1/4 cup raspberries.
- Drizzle with 1 tablespoon liqueur.

Nutrition Facts

PROTEIN 4.14% **FAT 6.91%** **CARBS 88.95%**

Properties

Glycemic Index:12.83, Glycemic Load:7.74, Inflammation Score:-5, Nutrition Score:8.6213043928146%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg, Epicatechin: 1.08mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 219.09kcal (10.95%), Fat: 1.53g (2.35%), Saturated Fat: 0.66g (4.13%), Carbohydrates: 44.2g (14.73%), Net Carbohydrates: 39.9g (14.51%), Sugar: 36.88g (40.97%), Cholesterol: 0.49mg (0.16%), Sodium: 62.14mg (2.7%), Alcohol: 4.47g (100%), Alcohol %: 1.84% (100%), Protein: 2.05g (4.11%), Vitamin C: 47.39mg (57.45%), Fiber: 4.3g (17.19%), Potassium: 579.06mg (16.54%), Manganese: 0.27mg (13.5%), Folate: 48.81µg (12.2%), Vitamin B6: 0.22mg (10.78%), Vitamin K: 8.53µg (8.12%), Magnesium: 31.88mg (7.97%), Vitamin B1: 0.1mg (6.93%), Vitamin B3: 1.1mg (5.51%), Vitamin B5: 0.54mg (5.4%), Copper: 0.1mg (5.2%), Phosphorus: 51.9mg (5.19%), Vitamin B2: 0.08mg (4.99%), Calcium: 46.94mg (4.69%), Zinc: 0.56mg (3.74%), Iron: 0.65mg (3.61%), Selenium: 2.35µg (3.36%), Vitamin A: 139.26IU (2.79%), Vitamin E: 0.31mg (2.06%), Vitamin B12: 0.06µg (1.07%)