



Sliced Cantaloupe and Blackberries with Almond Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



86 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 4 teaspoons almonds toasted sliced
- ☐ 1 cup blackberries
- ☐ 0.5 cup cream cheese fat-free tub-style softened
- ☐ 1 tablespoon milk 1% low-fat
- ☐ 2 tablespoons powdered sugar

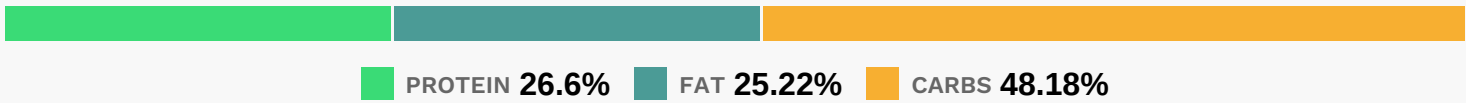
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Combine first 4 ingredients in a small bowl, and beat at high speed of a mixer until smooth. Arrange cantaloupe slices, 1/4 cup blackberries, and 2 tablespoons cream cheese mixture on each of 4 dessert plates.
- ☐ Sprinkle each serving with 1 teaspoon toasted almonds, and garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:8.75, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:6.0273912587891%

Flavonoids

Cyanidin: 36.08mg, Cyanidin: 36.08mg, Cyanidin: 36.08mg, Cyanidin: 36.08mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 13.39mg, Catechin: 13.39mg, Catechin: 13.39mg, Catechin: 13.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.7mg, Epicatechin: 1.7mg, Epicatechin: 1.7mg, Epicatechin: 1.7mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 86.19kcal (4.31%), Fat: 2.49g (3.83%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 10.71g (3.57%), Net Carbohydrates: 8.3g (3.02%), Sugar: 7.61g (8.45%), Cholesterol: 3.58mg (1.19%), Sodium: 200.28mg (8.71%), Alcohol: 0.09g (100%), Alcohol %: 0.14% (100%), Protein: 5.91g (11.82%), Phosphorus: 178.79mg (17.88%), Manganese: 0.33mg (16.48%), Calcium: 125.15mg (12.52%), Vitamin E: 1.45mg (9.68%), Fiber: 2.41g (9.63%), Vitamin C: 7.56mg (9.16%), Vitamin B2: 0.14mg (8%), Vitamin K: 7.19µg (6.85%), Magnesium: 24.69mg (6.17%), Copper: 0.11mg (5.56%), Folate: 20.72µg (5.18%), Zinc: 0.76mg (5.04%), Potassium: 172.59mg (4.93%), Vitamin B12: 0.29µg (4.85%), Vitamin B5: 0.37mg (3.69%), Selenium: 1.79µg (2.56%), Iron: 0.43mg (2.38%), Vitamin B3: 0.45mg (2.24%),

Vitamin A: 99.4IU (1.99%), Vitamin B1: 0.03mg (1.92%), Vitamin B6: 0.03mg (1.64%)