



Sliced Melon with Raspberry Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



83 kcal

SIDE DISH

Ingredients

- ☐ 10 boston lettuce leaves
- ☐ 1 small cantaloupe
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 4 teaspoons honey
- ☐ 10 ounce raspberries unsweetened frozen thawed
- ☐ 2 tablespoons raspberry vinegar

Equipment

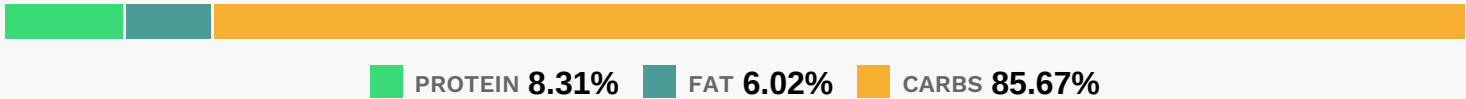
- ☐ food processor

- ☐ sieve
- ☐ blender

Directions

- ☐ Place first 3 ingredients in a food processor or electric blender; process until pureed.
- ☐ Pour through a wire mesh strainer to remove seeds.
- ☐ Peel and slice cantaloupe.
- ☐ Place lettuce leaves and cantaloupe slices on 5 salad plates.
- ☐ Drizzle with raspberry sauce.
- ☐ Sprinkle with mint.

Nutrition Facts



Properties

Glycemic Index:37.15, Glycemic Load:7.61, Inflammation Score:-10, Nutrition Score:12.149999815485%

Flavonoids

Cyanidin: 25.95mg, Cyanidin: 25.95mg, Cyanidin: 25.95mg, Cyanidin: 25.95mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg, Epicatechin: 2mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 83.06kcal (4.15%), Fat: 0.61g (0.94%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 19.58g (6.53%), Net Carbohydrates: 14.69g (5.34%), Sugar: 14.36g (15.96%), Cholesterol: 0mg (0%), Sodium: 29.67mg (1.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.8%), Vitamin A: 4080.19IU (81.6%), Vitamin K: 37.49µg (35.71%),

Vitamin C: 26.24mg (31.81%), Manganese: 0.51mg (25.63%), Fiber: 4.89g (19.57%), Folate: 48.55µg (12.14%), Potassium: 314.16mg (8.98%), Magnesium: 29.85mg (7.46%), Copper: 0.14mg (6.99%), Iron: 1.24mg (6.86%), Vitamin B3: 1.1mg (5.5%), Vitamin B1: 0.08mg (5.34%), Zinc: 0.72mg (4.82%), Vitamin B6: 0.09mg (4.75%), Phosphorus: 43.5mg (4.35%), Vitamin B2: 0.07mg (4.2%), Vitamin E: 0.59mg (3.94%), Calcium: 38.23mg (3.82%), Vitamin B5: 0.33mg (3.35%), Selenium: 1.84µg (2.63%)