

Summer Delight Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



253 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 small cantaloupe halved seeded
- 1 cup optional: lemon
- 0.3 cup orange juice
- 1 pint strawberries hulled
- 0.5 cup strawberry jam

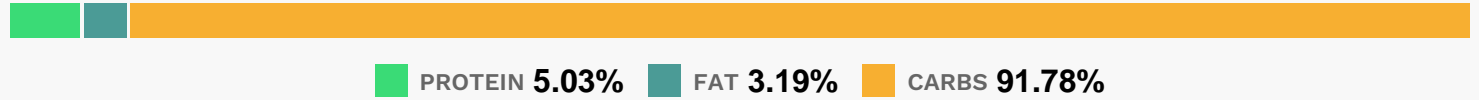
Equipment

- melon baller

Directions

- Remove fruit from melons with melon baller. Arrange melon balls and strawberries in melon halves. Top each with scoops of sherbet.
- Mix preserves and orange juice; spoon over sherbet.
- Garnish with mint.

Nutrition Facts



Properties

Glycemic Index:60, Glycemic Load:31.19, Inflammation Score:-10, Nutrition Score:18.180000066757%

Flavonoids

Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg, Cyanidin: 1.99mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg, Pelargonidin: 29.4mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg, Catechin: 3.68mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg, Epicatechin: 0.5mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 11.35mg, Eriodictyol: 11.35mg, Eriodictyol: 11.35mg, Eriodictyol: 11.35mg Hesperetin: 16.64mg, Hesperetin: 16.64mg, Hesperetin: 16.64mg, Hesperetin: 16.64mg Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg, Naringenin: 0.93mg Luteolin: 2.42mg, Luteolin: 2.42mg, Luteolin: 2.42mg, Luteolin: 2.42mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

Nutrients (% of daily need)

Calories: 253.32kcal (12.67%), Fat: 0.97g (1.49%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 62.91g (20.97%), Net Carbohydrates: 56.8g (20.65%), Sugar: 46.4g (51.55%), Cholesterol: 0mg (0%), Sodium: 82.15mg (3.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.45g (6.9%), Vitamin C: 133.17mg (161.42%), Vitamin A: 7514.17IU (150.28%), Manganese: 0.58mg (29.1%), Fiber: 6.11g (24.45%), Potassium: 664.04mg (18.97%), Folate: 74.42µg (18.6%), Copper: 0.31mg (15.66%), Magnesium: 51.69mg (12.92%), Vitamin B1: 0.18mg (11.89%), Vitamin B3: 2.12mg (10.59%), Iron: 1.88mg (10.45%), Vitamin B6: 0.2mg (10.04%), Phosphorus: 85.07mg (8.51%), Vitamin K: 8.57µg

(8.16%), Zinc: 1.2mg (8.01%), Vitamin B2: 0.13mg (7.83%), Selenium: 5.3µg (7.57%), Calcium: 62.76mg (6.28%),
Vitamin B5: 0.52mg (5.18%), Vitamin E: 0.59mg (3.93%)