



Summer Melon with Sherbet and Fresh Mint Syrup



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



304 kcal

SIDE DISH

Ingredients

- ☐ 1 pint poached berries fresh
- ☐ 0.5 cantaloupe ripe halved seeded
- ☐ 1.5 cups mint leaves fresh coarsely chopped
- ☐ 8 servings mint leaves fresh
- ☐ 1 pint fruit sorbet
- ☐ 0.5 wedges honeydew melon ripe halved seeded
- ☐ 2 cups sugar

☐ 2 cups water

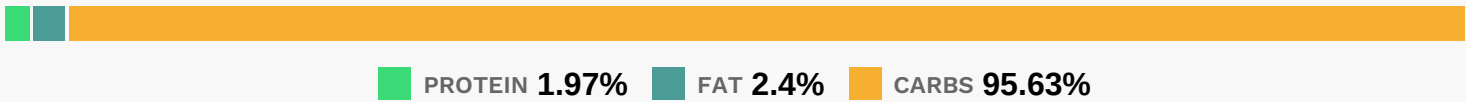
Equipment

- ☐ sauce pan
- ☐ ice cream scoop
- ☐ cheesecloth
- ☐ melon baller

Directions

- ☐ Tie mint in a cheesecloth bag, and place in a saucepan.
- ☐ Add sugar and water; bring mixture to a boil. Cook, stirring constantly, until sugar dissolves.
- ☐ Remove from heat; cover and let cool.
- ☐ Remove and discard cheesecloth bag. Refrigerate mint syrup until ready to serve.
- ☐ Scoop melons with 1-inch melon baller or ice cream scoop, and place three pieces on each serving plate.
- ☐ Serve with berries, and top with sorbet and fresh mint leaves.
- ☐ Drizzle with mint syrup.

Nutrition Facts



Properties

Glycemic Index:17.2, Glycemic Load:36.62, Inflammation Score:-8, Nutrition Score:8.326956583106%

Flavonoids

Cyanidin: 2.58mg, Cyanidin: 2.58mg, Cyanidin: 2.58mg, Cyanidin: 2.58mg Petunidin: 10.74mg, Petunidin: 10.74mg, Petunidin: 10.74mg, Petunidin: 10.74mg Delphinidin: 12.77mg, Delphinidin: 12.77mg, Delphinidin: 12.77mg, Delphinidin: 12.77mg Malvidin: 29.37mg, Malvidin: 29.37mg, Malvidin: 29.37mg, Malvidin: 29.37mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg, Peonidin: 0.28mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 2.92mg, Eriodictyol: 2.92mg, Eriodictyol: 2.92mg, Eriodictyol: 2.92mg Hesperetin: 0.96mg

Hesperetin: 0.96mg, Hesperetin: 0.96mg, Hesperetin: 0.96mg Apigenin: 0.51mg, Apigenin: 0.51mg, Apigenin: 0.51mg, Apigenin: 0.51mg Luteolin: 2.48mg, Luteolin: 2.48mg, Luteolin: 2.48mg, Luteolin: 2.48mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg, Quercetin: 2.75mg

Nutrients (% of daily need)

Calories: 303.52kcal (15.18%), Fat: 0.86g (1.32%), Saturated Fat: 0.11g (0.68%), Carbohydrates: 77.17g (25.72%), Net Carbohydrates: 72.96g (26.53%), Sugar: 70.77g (78.63%), Cholesterol: 0mg (0%), Sodium: 34.68mg (1.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Vitamin A: 1813.53IU (36.27%), Vitamin C: 23.94mg (29.02%), Fiber: 4.21g (16.86%), Vitamin K: 15.67µg (14.93%), Manganese: 0.25mg (12.58%), Potassium: 375.84mg (10.74%), Folate: 36.11µg (9.03%), Copper: 0.16mg (7.82%), Vitamin B6: 0.14mg (7.04%), Magnesium: 26.54mg (6.64%), Vitamin B3: 1.27mg (6.37%), Iron: 1.06mg (5.9%), Vitamin B1: 0.08mg (5.4%), Vitamin B2: 0.09mg (5.27%), Calcium: 40.8mg (4.08%), Phosphorus: 35.16mg (3.52%), Vitamin B5: 0.29mg (2.9%), Zinc: 0.43mg (2.89%), Selenium: 1.51µg (2.15%), Vitamin E: 0.32mg (2.11%)