



Summer Twang



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



77 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons apple cider vinegar
- ☐ 2 cups cantaloupe chopped
- ☐ 2 ounces seltzer water
- ☐ 3 tablespoons honey

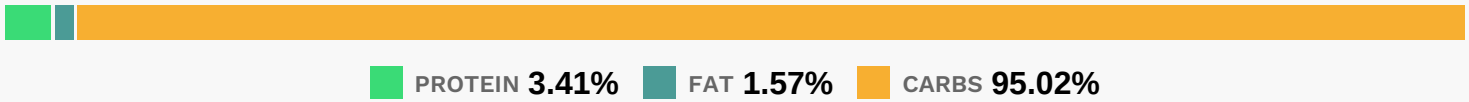
Equipment

- ☐ bowl
- ☐ blender
- ☐ measuring cup

Directions

- ☐
- Purée 2 cups chopped cantaloupe, 3 tablespoons apple cider vinegar, and 3 tablespoons honey in a blender. Strain into a measuring cup or bowl, pressing on solids; discard solids. Divide among 4 Collins glasses filled with ice and add 2–3 ounces club soda to each.
- ☐
- Garnish with cantaloupe wedges.

Nutrition Facts



Properties

Glycemic Index:39.94, Glycemic Load:10.78, Inflammation Score:-9, Nutrition Score:4.6256522108679%

Flavonoids

Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 77.44kcal (3.87%), Fat: 0.14g (0.22%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 19.61g (6.54%), Net Carbohydrates: 18.94g (6.89%), Sugar: 19.28g (21.42%), Cholesterol: 0mg (0%), Sodium: 28.17mg (1.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.41%), Vitamin A: 2705.6IU (54.11%), Vitamin C: 8.8mg (10.67%), Potassium: 142.29mg (4.07%), Copper: 0.08mg (3.77%), Manganese: 0.07mg (3.68%), Folate: 11.52µg (2.88%), Vitamin B3: 0.57mg (2.87%), Magnesium: 11.42mg (2.85%), Zinc: 0.41mg (2.7%), Fiber: 0.67g (2.69%), Vitamin B1: 0.04mg (2.61%), Iron: 0.39mg (2.19%), Selenium: 1.5µg (2.14%), Vitamin K: 2.16µg (2.06%), Vitamin B6: 0.04mg (1.79%), Vitamin B2: 0.03mg (1.62%), Phosphorus: 15.13mg (1.51%)