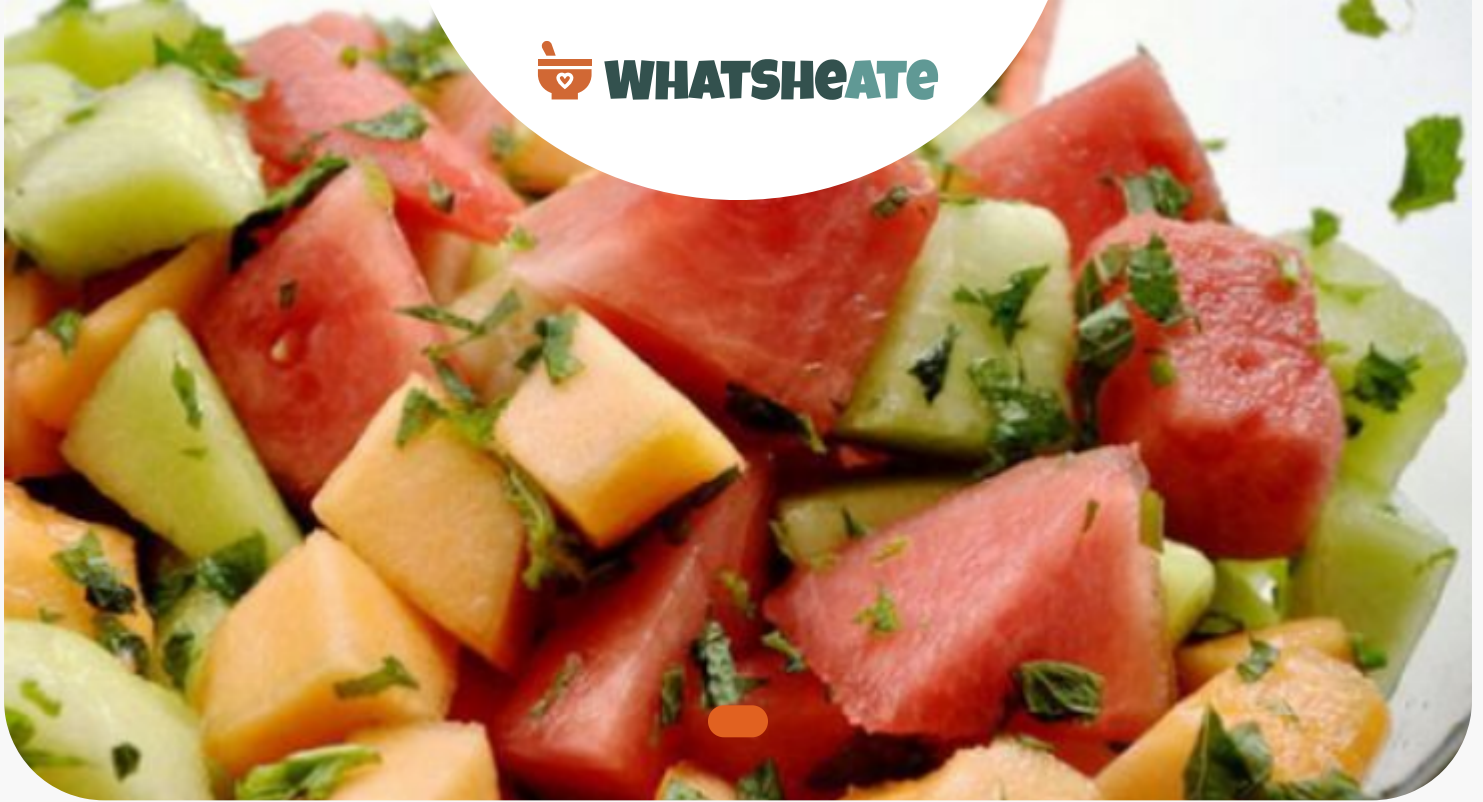




Three Melon Salad with Mint



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



146 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 small wedges honeydew melon cut into 1/2 inch cubes



1 cup mint leaves roughly chopped



0.5 watermelon cut into 1/2 inch cubes

Equipment

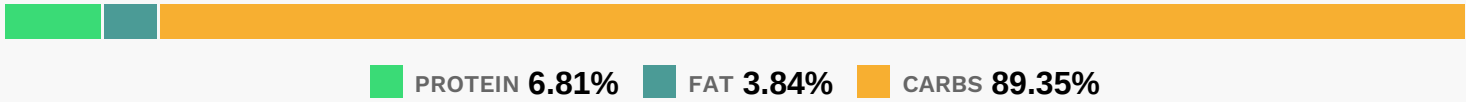


bowl

Directions

- ☐ In a large bowl, toss together watermelon, honeydew, and cantaloupe.
- ☐ Add mint and toss to combine.

Nutrition Facts



Properties

Glycemic Index:9.33, Glycemic Load:15.02, Inflammation Score:-9, Nutrition Score:10.937391441801%

Flavonoids

Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 1.74mg,
Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin:
0.57mg, Hesperetin: 0.57mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 2.01mg,
Luteolin: 2.01mg, Luteolin: 2.01mg, Luteolin: 2.01mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg,
Kaempferol: 1.27mg

Nutrients (% of daily need)

Calories: 145.91kcal (7.3%), Fat: 0.7g (1.08%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 36.62g (12.21%), Net
Carbohydrates: 33.76g (12.28%), Sugar: 30.43g (33.81%), Cholesterol: 0mg (0%), Sodium: 33.36mg (1.45%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.79g (5.58%), Vitamin C: 53.37mg (64.69%), Vitamin A:
1919.26IU (38.39%), Potassium: 711.81mg (20.34%), Vitamin B6: 0.27mg (13.73%), Magnesium: 48.63mg (12.16%),
Fiber: 2.86g (11.42%), Folate: 45.25µg (11.31%), Manganese: 0.22mg (10.81%), Vitamin B1: 0.16mg (10.55%), Vitamin
B5: 0.89mg (8.89%), Copper: 0.17mg (8.75%), Iron: 1.23mg (6.85%), Vitamin B3: 1.27mg (6.33%), Vitamin B2:
0.09mg (5.48%), Phosphorus: 52.64mg (5.26%), Vitamin K: 4.92µg (4.69%), Calcium: 42.96mg (4.3%), Zinc:
0.49mg (3.25%), Selenium: 2.24µg (3.21%), Vitamin E: 0.17mg (1.15%)