



Triple-Melon Bowl

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



6

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 wedges honeydew melon
- 1 cantaloupe
- 1.5 cups watermelon cubed
- 1 serving salad leaves curly endive
- 1 serving bacon bits

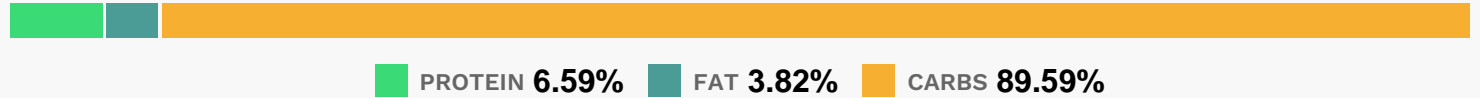
Equipment

- bowl

Directions

- Cut honeydew and cantaloupe into balls.
- Mix honeydew, cantaloupe and watermelon. Line large salad bowl or serving platter with endive. Spoon fruit mixture into bowl; refrigerate until chilled if desired.
- Just before serving, sprinkle with bacon flavor bits.

Nutrition Facts



Properties

Glycemic Index:23.69, Glycemic Load:6.6, Inflammation Score:-9, Nutrition Score:11.512173843044%

Flavonoids

Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg
Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Luteolin: 0.77mg, Luteolin:
0.77mg, Luteolin: 0.77mg, Luteolin: 0.77mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg,
Kaempferol: 0.24mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 120.31kcal (6.02%), Fat: 0.56g (0.87%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 29.82g (9.94%), Net Carbohydrates: 27.21g (9.89%), Sugar: 26.93g (29.92%), Cholesterol: 0mg (0%), Sodium: 69.4mg (3.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.39%), Vitamin A: 3443.85IU (68.88%), Vitamin C: 51.55mg (62.48%), Potassium: 674.34mg (19.27%), Folate: 54.95µg (13.74%), Vitamin B6: 0.24mg (12.1%), Fiber: 2.62g (10.47%), Magnesium: 37.3mg (9.33%), Vitamin B1: 0.14mg (9.32%), Vitamin K: 9.2µg (8.77%), Vitamin B3: 1.6mg (8.01%), Copper: 0.15mg (7.34%), Manganese: 0.11mg (5.52%), Vitamin B5: 0.51mg (5.13%), Selenium: 3.22µg (4.6%), Iron: 0.81mg (4.48%), Phosphorus: 43.73mg (4.37%), Zinc: 0.64mg (4.26%), Vitamin B2: 0.06mg (3.45%), Calcium: 24.08mg (2.41%)