

Watermelon Soup

 Vegetarian  Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



3

CALORIES



85 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 tablespoon mint leaves fresh chopped
- 1 tablespoon honey
- 2 tablespoons juice of lemon
- 4 cups watermelon cubed seeded

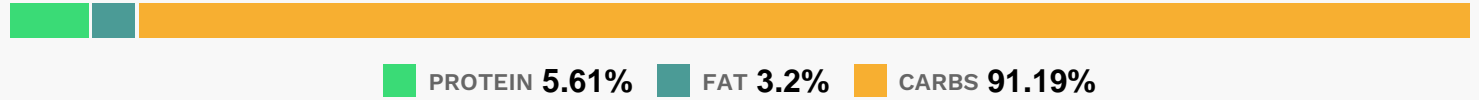
Equipment

- blender

Directions

Blend watermelon, lemon juice, mint, and honey in a blender until smooth. Refrigerate 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:42.31, Glycemic Load:13.83, Inflammation Score:-7, Nutrition Score:4.7795652384343%

Flavonoids

Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 1.62mg, Hesperetin: 1.62mg, Hesperetin: 1.62mg, Hesperetin: 1.62mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 85.45kcal (4.27%), Fat: 0.34g (0.53%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 22.01g (7.34%), Net Carbohydrates: 21.02g (7.64%), Sugar: 18.56g (20.63%), Cholesterol: 0mg (0%), Sodium: 2.92mg (0.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.71%), Vitamin C: 20.85mg (25.27%), Vitamin A: 1224.57IU (24.49%), Potassium: 250.41mg (7.15%), Magnesium: 22.34mg (5.59%), Manganese: 0.1mg (5.17%), Vitamin B6: 0.1mg (4.98%), Copper: 0.09mg (4.74%), Vitamin B1: 0.07mg (4.71%), Vitamin B5: 0.47mg (4.71%), Fiber: 0.99g (3.95%), Iron: 0.61mg (3.38%), Vitamin B2: 0.05mg (3.01%), Folate: 10.12µg (2.53%), Phosphorus: 24.59mg (2.46%), Vitamin B3: 0.41mg (2.03%), Calcium: 19.26mg (1.93%), Zinc: 0.24mg (1.61%), Selenium: 0.88µg (1.25%)