

Watermelon with Blackberries and Pear Puree



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple juice light
- ☐ 2 cups blackberries
- ☐ 3 medium pears peeled
- ☐ 4 slices watermelon (3/)

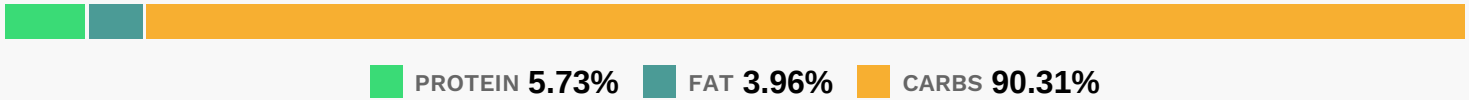
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Cut each watermelon slice into 10 wedges.
- ☐ Cut rind from wedges and remove seeds. Refrigerate about 1 hour or until chilled.
- ☐ Cut each pear into 4 pieces; remove cores and stems.
- ☐ Place pears and rum in blender or food processor. Cover and blend on medium speed about 1 minute or until smooth.
- ☐ Arrange watermelon wedges on 8 dessert plates. Top with blackberries. Top each serving with pear puree.

Nutrition Facts



Properties

Glycemic Index:22.15, Glycemic Load:11.46, Inflammation Score:-7, Nutrition Score:6.7630435124688%

Flavonoids

Cyanidin: 37.36mg, Cyanidin: 37.36mg, Cyanidin: 37.36mg, Cyanidin: 37.36mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 13.65mg, Catechin: 13.65mg, Catechin: 13.65mg, Catechin: 13.65mg Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg, Epigallocatechin: 0.43mg Epicatechin: 4.67mg, Epicatechin: 4.67mg, Epicatechin: 4.67mg, Epicatechin: 4.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Nutrients (% of daily need)

Calories: 101.18kcal (5.06%), Fat: 0.5g (0.77%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 25.57g (8.52%), Net Carbohydrates: 21g (7.64%), Sugar: 18.13g (20.14%), Cholesterol: 0mg (0%), Sodium: 2.87mg (0.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.25%), Vitamin C: 22.11mg (26.8%), Fiber: 4.57g (18.28%), Vitamin A: 907.5IU (18.15%), Manganese: 0.33mg (16.33%), Vitamin K: 10.21µg (9.72%), Copper: 0.18mg (8.77%), Potassium: 306.35mg (8.75%), Magnesium: 26.69mg (6.67%), Vitamin B6: 0.1mg (4.82%), Vitamin B5: 0.45mg (4.53%), Folate: 17.96µg (4.49%), Vitamin B1: 0.06mg (4.3%), Iron: 0.7mg (3.88%), Vitamin E: 0.57mg (3.83%), Vitamin B2: 0.06mg

(3.44%), Phosphorus: 32.38mg (3.24%), Vitamin B3: 0.6mg (3.01%), Calcium: 27.28mg (2.73%), Zinc: 0.4mg (2.68%), Selenium: 0.79µg (1.13%)