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Melons

Nutrition Facts

Serving Size 177 g

Amount Per Serving

Calories 60 Calories from Fat 3

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat 0%

Cholesterol 0mg 0%

Sodium 28mg 1%

Total Carbohydrate 16g 5%

Dietary Fiber 2g 6%

Sugars 14g

Protein 1g

Vitamin A 120% • Vitamin C 108%

Calcium 2% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

One serving = 1 c. cantaloupe

Helping Your Family Eat Healthy

- Add a colorful variety of melons to meals to help maintain good vision and strengthen the immune system.
- Slice and eat melons as a refreshing snack or side dish at meals.
- Serve sliced or chopped melons with low-fat yogurt or cottage cheese.
- Scoop fruit into melon balls, freeze and enjoy as snacks or dessert.

Produce Tips

- Select cantaloupes with a sweet, fragrant smell and soft dent on stem.
 - Select honeydew and watermelons that feel heavy for size and sound hollow when tapped on rind.
 - Avoid melons with shriveled, punctured or cracked rinds.
 - Store whole melons on counter and eat within two days.
 - Wash melons before cutting.
- Remove pulp from rind and discard seeds.
- Refrigerate cut melons in sealed container. Use within three days.



Reasons to Eat Melons

Does your child remember? Melons are loaded with Vitamin C (for healthy immune system), Vitamin B6 (for healthy brain), potassium (for healthy muscles), and lycopene (for a healthy heart).



Honeydew



Cantaloupe

Melon Recipes



Watermelon Smoothie

1 cup watermelon, chopped 1/3 cup berries (fresh or frozen)
3 ice cubes (not needed, if using frozen berries) 2 basil leaves (optional)

Place in blender/food processor and blend until smooth. Garnish with basil leaves and serve, or place in popsicle molds and freeze.

Melon Salad

1 honeydew melon 1 cantaloupe
1/2 watermelon 1 bunch grapes
1 cup orange juice 1/4 cup lime juice
1/4 cup chopped fresh mint

Create melon balls using all the flesh from each melon. Combine the melon balls and remaining ingredients in a large bowl; stir to mix evenly. Cover the bowl with plastic wrap and refrigerate at least 1 hour before serving.

Chilled Cantaloupe Soup in Coconut Broth

Half a cantaloupe, seeded, and peeled 2 (13.5-oz) cans coconut milk
1 cup Greek yogurt Fresh mint for garnish (optional)

Cut the cantaloupe into small cubes. Combine the coconut milk and yogurt. Gently whisk until blended and then add the cantaloupe. Place in the fridge to allow the soup to fully chill and for the flavors to meld. Sprinkle with fresh mint before serving.

Ginger-Glazed Grilled Honeydew

1/4 cup peach preserves 1 tablespoon lemon juice
1 Tbsp. finely chopped crystallized ginger 1/8 teaspoon ground cloves (optional)
1 medium honeydew, cut into 2-inch cubes

In a small bowl, combine the first four ingredients. Thread honeydew onto six metal or soaked wooden skewers; brush with half the glaze. Moisten a paper towel with cooking oil; using long-handled tongs, lightly coat the grill rack. Grill honeydew, covered, over medium-high heat or broil 4 inches from the heat for 4-6 minutes or until melon begins to soften and brown, turning and basting frequently with remaining glaze.

Cantaloupe Sauce

1/2 Cantaloupe

Scoop out fruit and place in food processor, or blender. Puree until it has the consistency of applesauce. Chill for 1 hour, serve and enjoy.

Melon Salsa

2 cups chopped watermelon 2 cups chopped cantaloupe
2 cups chopped honeydew 1 cup chopped green peppers
1 cup chopped yellow peppers 1 cup canned pineapple + 1 Tbsp. juice

Gently combine ingredients in bowl. Serve with multi-grain chips or whole wheat crackers.