

Refreshing Melon Drink

Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers

4 cups honeydew melon, cut into
1-inch cubes
2 tablespoons sugar
1 tablespoon melon liqueur
1 tablespoon fresh lime juice

Line a large baking sheet with plastic wrap.
Place the melon cubes in a single layer on the
baking sheet. Freeze for one hour or longer,
until firm.

Remove from the freezer and let stand at room
temperature for about 10 minutes.

In a food processor or heavy-duty blender, mix
together the melon, sugar, liqueur and lime juice.
Process until smooth.

Divide the melon drink into martini glasses.

Garnish with a slice of melon or sprig of parsley.

Per Serving (excluding unknown
items): 337 Calories; 1g Fat (1.7%
calories from fat); 3g Protein; 88g
Carbohydrate; 4g Dietary Fiber;
0mg Cholesterol; 68mg Sodium.
Exchanges: 4 Fruit; 1 1/2 Other
Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	337	Vitamin B6 (mg):	.4mg
% Calories from Fat:	1.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	94.9%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	3.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	1g	Folacin (mcg):	42mcg
Saturated Fat (g):	trace	Niacin (mg):	4mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0 0%

Carbohydrate (g):	88g
Dietary Fiber (g):	4g
Protein (g):	3g
Sodium (mg):	68mg
Potassium (mg):	1846mg
Calcium (mg):	42mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	172mg
Vitamin A (i.u.):	2711U
Vitamin A (r.e.):	27RE

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	4
Non-Fat Milk:	0
Fat:	0
Other Carbohydrates:	1 1/2

Nutrition Facts

Amount Per Serving

Calories 337 Calories from Fat: 6

% Daily Values*

Total Fat 1g	1%
Saturated Fat trace	1%
Cholesterol 0mg	0%
Sodium 68mg	3%
Total Carbohydrates 88g	29%
Dietary Fiber 4g	16%
Protein 3g	
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Vitamin A	5%
Vitamin C	286%
Calcium	4%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.