

Cantaloupe with Agave

Ingredients:

- 1 medium cantaloupe, sliced in half, seeded, scooped into 1" balls
- 8 tsp Agave nectar
- ½ cup chopped pecans
- ½ cup fresh blueberries
- 8 mint leaves



Nutrition Facts

Serving Size 3/4 cup (184g)
Servings Per Container 4

Amount Per Serving

Calories 190 **Calories from Fat** 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 20mg **1%**

Total Carbohydrate 27g **9%**

Dietary Fiber 3g **12%**

Sugars 23g

Protein 3g

Vitamin A 90% • Vitamin C 90%

Calcium 2% • Iron 4%

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

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



*VEGAN



*GLUTEN-FREE



*SOY FREE

Directions:

1. Place melon in a bowl. Drizzle with nectar. Add pecans, blueberries and mint; mix well.