

# Sweet Basil Melon

6 Servings

- 1 tbsp. basil
- 1/2 cup water
- 1/2 cup sugar
- 3 cups cantaloupe
- Extra chopped basil, for garnish

1. Combine basil, water and sugar in pot and heat until sugar is dissolved (to create basil simple syrup).
2. Prepare cantaloupe in desired shape (cubed or balled).
3. Toss melon in basil simple syrup and garnish with basil.

## Nutrition Facts

Servings 6

Amount Per Serving

**Calories 38**

**% Daily Value\***

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Monounsaturated Fat 0g	
Polyunsaturated Fat 0g	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 14mg	<b>1%</b>
<b>Potassium</b> 235mg	<b>7%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 1g	3%
Sugars 9g	
<b>Protein</b> 1g	<b>1%</b>
Vitamin A	148%
Vitamin C	32%
Calcium	8%
Iron	0%

