



Agua Fresca



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



139 kcal

BEVERAGE

DRINK

Ingredients



3 slices cantaloupe peeled seeded



1 cup ice cubes



1.5 cups water



6 tablespoons sugar white

Equipment

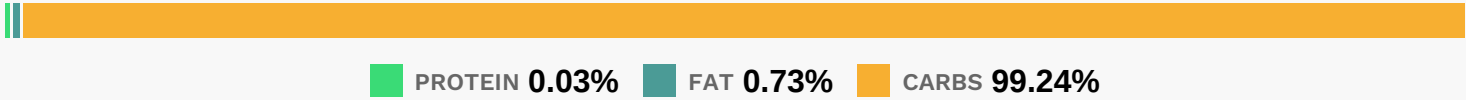


blender

Directions

Place water, cantaloupe, and sugar in a blender; blend until smooth. Divide ice into two glasses and pour cantaloupe mixture over ice.

Nutrition Facts



Properties

Glycemic Index:68.8, Glycemic Load:25.21, Inflammation Score:-1, Nutrition Score:0.31260869465768%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 139.11kcal (6.96%), Fat: 0.12g (0.18%), Saturated Fat: Og (0%), Carbohydrates: 35.98g (11.99%), Net Carbohydrates: 35.97g (13.08%), Sugar: 36.05g (40.05%), Cholesterol: Omg (0%), Sodium: 15.6mg (0.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.01g (0.02%), Copper: 0.05mg (2.56%), Vitamin A: 50.73IU (1.01%)