



Basil-Infused Watermelon Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



195 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup basil fresh thinly sliced
- ☐ 0.5 cup juice of lemon fresh (3 lemons)
- ☐ 0.8 cup sugar
- ☐ 1 cup water
- ☐ 8 cups watermelon cubed seeded

Equipment

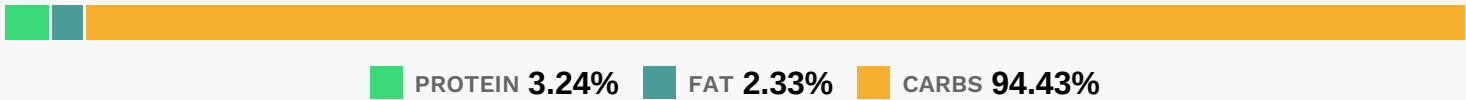
- ☐ bowl
- ☐ sauce pan

- ☐ sieve
- ☐ blender

Directions

- ☐ Combine 1 cup water and sugar in a small saucepan; bring to a boil. Reduce heat, and simmer for 5 minutes or until sugar dissolves.
- ☐ Remove from heat. Stir in basil; chill 1 hour. Strain sugar mixture through a sieve over a bowl, and discard basil.
- ☐ Place watermelon in a blender; process until smooth.
- ☐ Pour watermelon puree through a fine sieve into a large bowl, reserving liquid; discard solids.
- ☐ Combine watermelon liquid, sugar mixture, and juice in a pitcher; chill.

Nutrition Facts



Properties

Glycemic Index:42.95, Glycemic Load:33.96, Inflammation Score:-8, Nutrition Score:7.2543478115745%

Flavonoids

Eriodictyol: 1.19mg, Eriodictyol: 1.19mg, Eriodictyol: 1.19mg, Eriodictyol: 1.19mg Hesperetin: 3.53mg, Hesperetin: 3.53mg, Hesperetin: 3.53mg, Hesperetin: 3.53mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg, Luteolin: 1.12mg Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg, Kaempferol: 1.09mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 194.93kcal (9.75%), Fat: 0.55g (0.85%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 50.05g (16.68%), Net Carbohydrates: 48.93g (17.79%), Sugar: 45.65g (50.72%), Cholesterol: 0mg (0%), Sodium: 5.53mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.72g (3.44%), Vitamin C: 30.01mg (36.37%), Vitamin A: 1638.47IU (32.77%), Vitamin K: 20.16µg (19.2%), Potassium: 312.28mg (8.92%), Manganese: 0.15mg (7.58%), Magnesium: 29.33mg (7.33%), Copper: 0.13mg (6.71%), Vitamin B6: 0.13mg (6.41%), Vitamin B1: 0.09mg (5.85%), Vitamin B5: 0.58mg (5.79%), Fiber: 1.12g (4.49%), Iron: 0.77mg (4.28%), Folate: 15.44µg (3.86%), Vitamin B2: 0.06mg (3.77%), Phosphorus: 31.39mg (3.14%), Calcium: 28.7mg (2.87%), Vitamin B3: 0.5mg (2.49%), Zinc: 0.3mg (2.01%), Selenium: 1.19µg (1.7%), Vitamin E: 0.2mg (1.31%)