



Berry-Melon Agua Fresca



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



127 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups honeydew melon chunks peeled (see notes)
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 cup raspberries fresh
- ☐ 1 cup strawberries fresh sliced
- ☐ 0.3 cup sugar

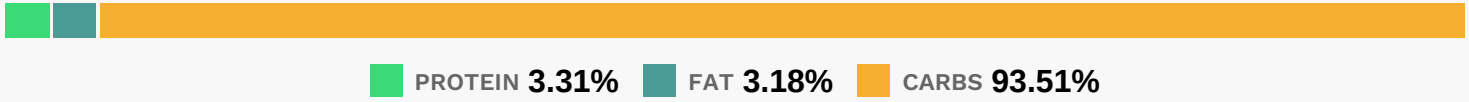
Equipment

- ☐ sieve
- ☐ blender

Directions

- ☐ In a blender, combine fruit and 2 cups cold water. Whirl until pured and add sugar and lime juice to taste.
- ☐ Pour mixture through a strainer into a serving pitcher.
- ☐ Serve cold.

Nutrition Facts



Properties

Glycemic Index:34.02, Glycemic Load:12.87, Inflammation Score:-4, Nutrition Score:6.881739206936%

Flavonoids

Cyanidin: 14.34mg, Cyanidin: 14.34mg, Cyanidin: 14.34mg, Cyanidin: 14.34mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 9.24mg, Pelargonidin: 9.24mg, Pelargonidin: 9.24mg, Pelargonidin: 9.24mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg, Catechin: 1.51mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 1.22mg, Epicatechin: 1.22mg, Epicatechin: 1.22mg, Epicatechin: 1.22mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 126.93kcal (6.35%), Fat: 0.49g (0.75%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 32.36g (10.79%), Net Carbohydrates: 28.93g (10.52%), Sugar: 26.96g (29.96%), Cholesterol: 0mg (0%), Sodium: 16.53mg (0.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.29%), Vitamin C: 50.38mg (61.06%), Manganese: 0.37mg (18.36%), Fiber: 3.43g (13.72%), Potassium: 318.11mg (9.09%), Folate: 33.11µg (8.28%), Vitamin B6: 0.12mg (5.79%), Vitamin K: 5.72µg (5.45%), Magnesium: 21.39mg (5.35%), Vitamin B1: 0.06mg (3.71%), Copper: 0.07mg (3.56%), Vitamin B3: 0.7mg (3.51%), Vitamin B5: 0.3mg (3%), Phosphorus: 29.51mg (2.95%), Iron: 0.53mg (2.92%),

Vitamin E: 0.43mg (2.85%), Calcium: 21.35mg (2.13%), Vitamin B2: 0.04mg (2.1%), Zinc: 0.27mg (1.8%), Vitamin A: 66.8IU (1.34%), Selenium: 0.92µg (1.31%)