



Best Watermelon Slushie

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



83 kcal

DESSERT

Ingredients

- 0.5 cup textured vegetable protein
- 1 tablespoon honey
- 3 cups ice cubes
- 0.3 cup orange juice
- 2 cups watermelon

Equipment

- blender

Directions

- Blend the ice, watermelon, cantaloupe, orange juice, and honey together in a blender until no chunks remain and the mixture is a thick slush.
- Garnish with the mint if desired.

Nutrition Facts



Properties

Glycemic Index:44.73, Glycemic Load:7.14, Inflammation Score:-4, Nutrition Score:3.1847826242447%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg, Hesperetin: 1.85mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 83.06kcal (4.15%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 14.94g (4.98%), Net Carbohydrates: 12.73g (4.63%), Sugar: 11.72g (13.03%), Cholesterol: 0mg (0%), Sodium: 10.96mg (0.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.38%), Vitamin C: 13.93mg (16.89%), Vitamin A: 463.44IU (9.27%), Fiber: 2.21g (8.85%), Iron: 1.49mg (8.27%), Calcium: 49.86mg (4.99%), Copper: 0.07mg (3.45%), Potassium: 118.85mg (3.4%), Magnesium: 11.18mg (2.8%), Vitamin B1: 0.04mg (2.6%), Vitamin B6: 0.04mg (2.08%), Vitamin B5: 0.2mg (2.01%), Folate: 7.03µg (1.76%), Manganese: 0.04mg (1.76%), Vitamin B2: 0.02mg (1.33%), Phosphorus: 11.2mg (1.12%), Vitamin B3: 0.2mg (1.02%)