



Cantaloupe-Basil Agua Fresca



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



108 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 15 cups cantaloupe chopped (two)
- ☐ 0.8 cup basil fresh loosely packed
- ☐ 0.8 cup juice of lemon fresh

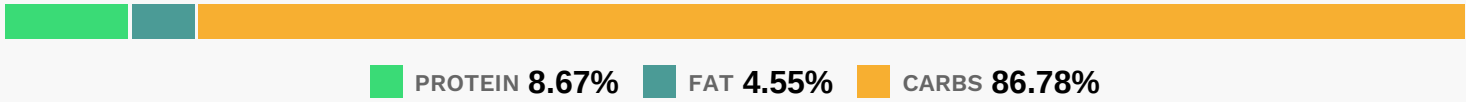
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender
- ☐ cheesecloth

Directions

- ☐ Working in batches, purée cantaloupe in a blender until smooth.
- ☐ Set a fine-mesh sieve over a large bowl; line sieve with cheesecloth. Strain purée into bowl; gather cheesecloth into a bundle and squeeze any remaining juice into bowl. Repeat process with fresh cheesecloth, straining into a large pitcher (you should have about 5 cups juice).
- ☐ Add lemon juice, basil, and 2 cups cold water to pitcher.
- ☐ Let steep at room temperature for 1–2 hours. Fill glasses with ice. Divide agua fresca among glasses.

Nutrition Facts



Properties

Glycemic Index:17.19, Glycemic Load:14.92, Inflammation Score:-10, Nutrition Score:13.239565242892%

Flavonoids

Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 1.92mg, Luteolin: 1.92mg, Luteolin: 1.92mg, Luteolin: 1.92mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 107.55kcal (5.38%), Fat: 0.61g (0.94%), Saturated Fat: 0.16g (1.02%), Carbohydrates: 26.12g (8.71%), Net Carbohydrates: 23.61g (8.59%), Sugar: 24.22g (26.91%), Cholesterol: 0mg (0%), Sodium: 90.32mg (3.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.61g (5.22%), Vitamin A: 10266.06IU (205.32%), Vitamin C: 41.96mg (50.86%), Vitamin K: 17.44µg (16.61%), Potassium: 501.2mg (14.32%), Copper: 0.27mg (13.37%), Folate: 48.1µg (12.03%), Vitamin B3: 2.12mg (10.62%), Magnesium: 41.81mg (10.45%), Vitamin B1: 0.15mg (10.22%), Fiber: 2.5g (10.02%), Zinc: 1.35mg (9%), Manganese: 0.15mg (7.58%), Selenium: 5.13µg (7.33%), Iron: 1.23mg (6.83%), Vitamin B6: 0.13mg (6.7%), Phosphorus: 54.09mg (5.41%), Vitamin B2: 0.09mg (5.07%), Vitamin B5: 0.35mg (3.5%), Calcium: 32.35mg (3.24%), Vitamin E: 0.2mg (1.35%)