



Cool Watermelon Slushes

 Vegetarian  Gluten Free  Dairy Free

READY IN



6 min.

SERVINGS



4

CALORIES



28 kcal

DESSERT

Ingredients

- 1 teaspoon honey
- 6 ice cubes
- 2 cups watermelon cubed seeded

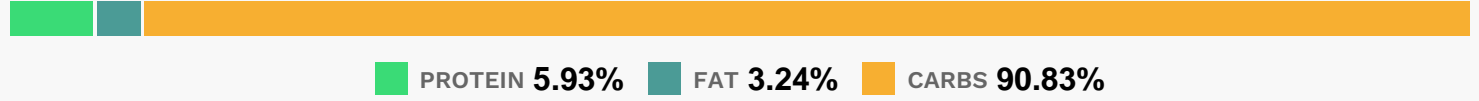
Equipment

- blender

Directions

- Place the ice cubes into a blender. Cover, and pulse until crushed.
- Add the watermelon and blend for about 1 minute, until slushy.
- Add the honey, and blend for about 10 seconds.

Nutrition Facts



Properties

Glycemic Index:31.73, Glycemic Load:4.81, Inflammation Score:-3, Nutrition Score:1.5756521487366%

Flavonoids

Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg

Nutrients (% of daily need)

Calories: 28.12kcal (1.41%), Fat: 0.11g (0.18%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 7.18g (2.39%), Net Carbohydrates: 6.87g (2.5%), Sugar: 6.15g (6.83%), Cholesterol: 0mg (0%), Sodium: 1.88mg (0.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.94%), Vitamin A: 432.44IU (8.65%), Vitamin C: 6.16mg (7.47%), Potassium: 86.03mg (2.46%), Magnesium: 7.84mg (1.96%), Copper: 0.04mg (1.8%), Vitamin B6: 0.03mg (1.73%), Vitamin B5: 0.17mg (1.69%), Vitamin B1: 0.03mg (1.67%), Manganese: 0.03mg (1.51%), Fiber: 0.31g (1.23%), Iron: 0.19mg (1.05%)