



Cucumber-Watermelon Crush



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



19 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cucumber english peeled cut into chunks
- ☐ 0.3 cup mint leaves fresh loosely packed
- ☐ 2 cups ice cubes
- ☐ 1 tablespoon juice of lime
- ☐ 1 pinch salt
- ☐ 3 tablespoons sugar
- ☐ 4 cups seeded/seedless watermelon seedless

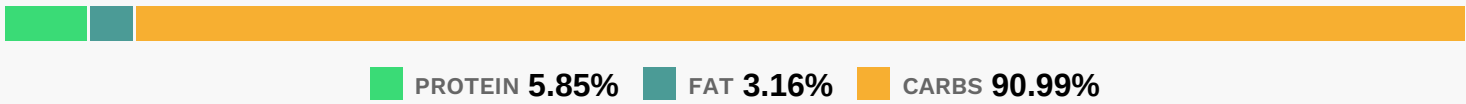
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender
- ☐ wooden spoon

Directions

- ☐ Combine first 6 ingredients in a blender, and process until smooth. Strain mixture through a fine wire-mesh sieve placed over a bowl, pressing solids with a wooden spoon to extract liquid. Discard solids.
- ☐ Combine ice cubes and watermelon mixture in a blender, and process until smooth and slushy.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:7.24, Glycemic Load:2.88, Inflammation Score:-2, Nutrition Score:1.1104347997386%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 18.88kcal (0.94%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 4.78g (1.59%), Net Carbohydrates: 4.53g (1.65%), Sugar: 3.94g (4.38%), Cholesterol: 0mg (0%), Sodium: 3.93mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.31g (0.61%), Vitamin A: 213IU (4.26%), Vitamin C: 3.29mg (3.98%), Vitamin K: 2.49µg (2.38%), Potassium: 60.21mg (1.72%), Manganese: 0.03mg (1.51%), Magnesium: 5.74mg (1.43%), Copper: 0.02mg (1.24%), Vitamin B5: 0.11mg (1.09%), Vitamin B6: 0.02mg (1.03%)