

Electric Melon

 Gluten Free  Dairy Free

READY IN



2 min.

SERVINGS



1

CALORIES



189 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

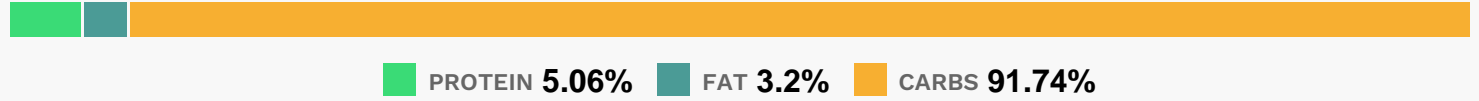
- 1 serving ginger ale
- 1 serving splash grenadine
- 0.8 ounce melon
- 1 serving splash orange juice
- 0.8 ounce peach schnapps
- 0.8 ounce vodka

Equipment

Directions

In a bucket glass, fill with ice, add liquids, shake, and serve.

Nutrition Facts



Properties

Glycemic Index:278, Glycemic Load:10.21, Inflammation Score:-8, Nutrition Score:8.4330435330453%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 20.32mg, Hesperetin: 20.32mg, Hesperetin: 20.32mg, Hesperetin: 20.32mg Naringenin: 3.64mg, Naringenin: 3.64mg, Naringenin: 3.64mg, Naringenin: 3.64mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg, Quercetin: 0.43mg

Nutrients (% of daily need)

Calories: 188.72kcal (9.44%), Fat: 0.38g (0.59%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 24.65g (8.22%), Net Carbohydrates: 24.09g (8.76%), Sugar: 20.83g (23.14%), Cholesterol: 0mg (0%), Sodium: 5.74mg (0.25%), Alcohol: 7.1g (100%), Alcohol %: 3.82% (100%), Protein: 1.36g (2.72%), Vitamin C: 87.98mg (106.64%), Vitamin A: 1059.09IU (21.18%), Folate: 57.38µg (14.34%), Potassium: 376.86mg (10.77%), Vitamin B1: 0.15mg (10.27%), Magnesium: 20.71mg (5.18%), Copper: 0.09mg (4.29%), Vitamin B3: 0.81mg (4.04%), Vitamin B6: 0.08mg (3.93%), Vitamin B5: 0.37mg (3.72%), Phosphorus: 35.4mg (3.54%), Vitamin B2: 0.05mg (3.09%), Calcium: 22.36mg (2.24%), Iron: 0.4mg (2.23%), Fiber: 0.55g (2.21%), Manganese: 0.02mg (1.2%)