



## French Watermelon

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



20

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 15 mint leaves fresh chopped
- 1 cup vodka
- 1 large watermelon cubed
- 0.5 cup sugar white

### Equipment

- bowl
- plastic wrap

# Directions

Toss the watermelon, vodka, sugar, and mint together in a large bowl. Cover the bowl with plastic wrap and refrigerate 1 to 2 hours.

# Nutrition Facts



**PROTEIN 5.77%**   **FAT 3.34%**   **CARBS 90.89%**

# Properties

Glycemic Index:7.99, Glycemic Load:15.5, Inflammation Score:-7, Nutrition Score:4.7291303905456%

# Flavonoids

Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg, Eriodictyol: 0.23mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg

# Nutrients (% of daily need)

Calories: 115kcal (5.75%), Fat: 0.36g (0.55%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 22.08g (7.36%), Net Carbohydrates: 21.12g (7.68%), Sugar: 18.94g (21.04%), Cholesterol: 0mg (0%), Sodium: 2.65mg (0.12%), Alcohol: 4.01g (100%), Alcohol %: 2.09% (100%), Protein: 1.4g (2.8%), Vitamin A: 1312.11IU (26.24%), Vitamin C: 18.46mg (22.38%), Potassium: 256.49mg (7.33%), Magnesium: 23.1mg (5.78%), Vitamin B6: 0.1mg (5.11%), Vitamin B1: 0.08mg (5.03%), Vitamin B5: 0.5mg (5%), Copper: 0.1mg (4.93%), Manganese: 0.09mg (4.73%), Fiber: 0.96g (3.84%), Iron: 0.58mg (3.23%), Vitamin B2: 0.05mg (3%), Phosphorus: 25.9mg (2.59%), Vitamin B3: 0.41mg (2.07%), Folate: 7.61µg (1.9%), Calcium: 17.62mg (1.76%), Zinc: 0.23mg (1.56%), Selenium: 0.93µg (1.33%)