



Fresh Watermelon and Cucumber Juice



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



2

CALORIES



107 kcal

BEVERAGE

DRINK

Ingredients



6 ounces cucumber fresh



1 ounce juice of lime fresh



0.3 ounce mint leaves fresh with stems



1 tablespoon sugar



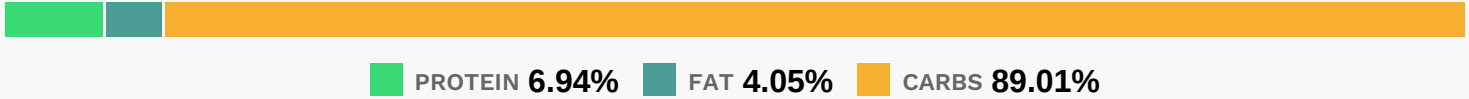
16 ounces watermelon fresh diced

Equipment

Directions

☐ Stir juices together thoroughly (along with sugar, if using). Divide between two ice-filled glasses and serve immediately, or keep refrigerated for up to a day and stir well before serving.

Nutrition Facts



Properties

Glycemic Index:79.88, Glycemic Load:16.48, Inflammation Score:-8, Nutrition Score:7.3791304515756%

Flavonoids

Eriodictyol: 1.41mg, Eriodictyol: 1.41mg, Eriodictyol: 1.41mg, Eriodictyol: 1.41mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg, Kaempferol: 1.02mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 107.37kcal (5.37%), Fat: 0.54g (0.83%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 26.66g (8.89%), Net Carbohydrates: 24.81g (9.02%), Sugar: 21.46g (23.85%), Cholesterol: 0mg (0%), Sodium: 5.41mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.16%), Vitamin C: 26.47mg (32.09%), Vitamin A: 1509.33IU (30.19%), Potassium: 406.55mg (11.62%), Manganese: 0.19mg (9.64%), Magnesium: 36.85mg (9.21%), Copper: 0.17mg (8.58%), Vitamin B6: 0.16mg (7.77%), Fiber: 1.84g (7.37%), Vitamin B5: 0.73mg (7.35%), Vitamin B1: 0.11mg (7.18%), Vitamin K: 6.44µg (6.13%), Folate: 24.17µg (6.04%), Iron: 0.93mg (5.15%), Vitamin B2: 0.08mg (4.8%), Phosphorus: 47.38mg (4.74%), Calcium: 38.44mg (3.84%), Zinc: 0.42mg (2.82%), Vitamin B3: 0.52mg (2.58%), Selenium: 1.04µg (1.49%), Vitamin E: 0.17mg (1.13%)