



Frozen Honeydew-Limeade Slush



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



184 kcal

DESSERT

Ingredients

- ☐ 4 cups ginger ale sugar-free chilled
- ☐ 4 cups wedges honeydew melon cubed (1-inch) ()
- ☐ 2 cups juice of lime fresh (12 limes)
- ☐ 0.5 cup mint leaves
- ☐ 2 cups lime sparkling water chilled
- ☐ 1 cup sugar

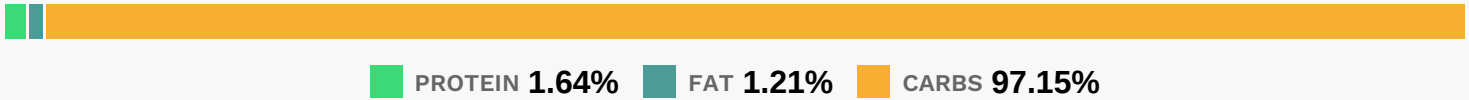
Equipment

- ☐ blender

Directions

- ☐ Freeze cubed honeydew at least 3 hours.
- ☐ Place 2 cups frozen honeydew, 1 cup lime juice, 1 cup sparkling water, 1/2 cup sugar, and 1/4 cup mint in a blender; process until smooth. Repeat procedure with remaining honeydew, lime juice, sparkling water, sugar, and mint.
- ☐ Pour 1/2 cup ginger ale in bottom of each of 8 chilled glasses.
- ☐ Pour 1 cup honeydew mixture in each glass; stir gently.
- ☐ Garnish with lime slices, if desired.

Nutrition Facts



Properties

Glycemic Index:16.64, Glycemic Load:23.96, Inflammation Score:-3, Nutrition Score:4.6204348802567%

Flavonoids

Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg
Eriodictyol: 2.19mg, Eriodictyol: 2.19mg, Eriodictyol: 2.19mg
Hesperetin: 5.71mg, Hesperetin: 5.71mg, Hesperetin: 5.71mg
Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg
Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg
Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg
Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 184.06kcal (9.2%), Fat: 0.27g (0.41%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 48.48g (16.16%), Net Carbohydrates: 47.33g (17.21%), Sugar: 43.38g (48.2%), Cholesterol: 0mg (0%), Sodium: 38.31mg (1.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.82g (1.64%), Vitamin C: 34.34mg (41.63%), Potassium: 283.45mg (8.1%), Folate: 25.41µg (6.35%), Vitamin B6: 0.1mg (5.07%), Fiber: 1.15g (4.59%), Magnesium: 17.36mg (4.34%), Manganese: 0.08mg (4.19%), Vitamin A: 192.23IU (3.84%), Copper: 0.07mg (3.63%), Vitamin B1: 0.05mg (3.32%), Iron: 0.57mg (3.18%), Calcium: 27.15mg (2.72%), Vitamin K: 2.83µg (2.69%), Vitamin B3: 0.49mg (2.45%), Vitamin B5: 0.22mg (2.16%), Phosphorus: 19.87mg (1.99%), Vitamin B2: 0.03mg (1.85%), Zinc: 0.28mg (1.85%), Selenium: 0.92µg (1.32%)