

Honeydew Spritzer



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



87 kcal

BEVERAGE

DRINK

Ingredients



1.3 cups club soda chilled



0.1 teaspoon sea salt



1 tablespoon honey



2 cups wedges honeydew melon frozen cubed (1-inch)



4 servings ice cubes



3 tablespoons juice of lime fresh (2 large limes)



1 cup grape juice unsweetened white chilled

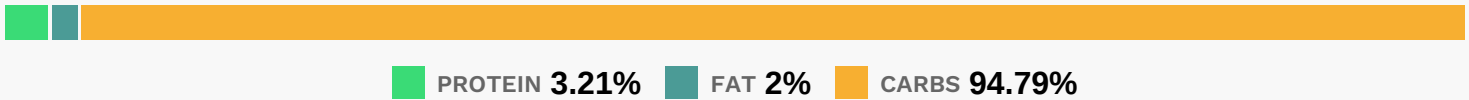
Equipment

☐ blender

Directions

- ☐ Place first 4 ingredients in a blender; process until smooth.
- ☐ Remove center piece of blender lid; secure blender lid on blender. With blender on, drop melon cubes, 1 to 2 at a time, through lid. Process until smooth.
- ☐ Fill 4 glasses with ice.
- ☐ Pour 3/4 cup honeydew mixture over ice in each glass; add 1/3 cup club soda to each glass.
- ☐ Garnish with lime slices, if desired.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:2.26, Inflammation Score:-2, Nutrition Score:3.4873913047106%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Petunidin: 0.65mg, Petunidin: 0.65mg, Petunidin: 0.65mg, Petunidin: 0.65mg Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg, Delphinidin: 1.21mg Malvidin: 7.07mg, Malvidin: 7.07mg, Malvidin: 7.07mg, Malvidin: 7.07mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg, Peonidin: 0.67mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg, Epicatechin: 0.36mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg, Myricetin: 0.44mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 87.32kcal (4.37%), Fat: 0.21g (0.32%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 22.34g (7.45%), Net Carbohydrates: 21.48g (7.81%), Sugar: 20.38g (22.65%), Cholesterol: 0mg (0%), Sodium: 110.93mg (4.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.76g (1.51%), Vitamin C: 18.76mg (22.74%), Manganese: 0.18mg (9.07%), Potassium: 277.06mg (7.92%), Vitamin B6: 0.1mg (5.03%), Folate: 17.38µg (4.34%), Magnesium: 17.18mg (4.3%),

Fiber: 0.86g (3.45%), Vitamin B1: 0.05mg (3.06%), Vitamin K: 2.79µg (2.65%), Copper: 0.05mg (2.52%), Vitamin B3: 0.46mg (2.31%), Phosphorus: 19.99mg (2%), Calcium: 19.62mg (1.96%), Iron: 0.34mg (1.91%), Vitamin B5: 0.18mg (1.8%), Zinc: 0.23mg (1.51%), Vitamin B2: 0.02mg (1.37%), Vitamin A: 53.19IU (1.06%)