



Honeysuckle-Watermelon Cocktails



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



67 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cups ice cubes
- ☐ 2 cups lemon-lime drink soft
- ☐ 1 slices garnishes: lime watermelon fresh diced
- ☐ 0.5 cup juice of lime fresh
- ☐ 0.3 cup sugar
- ☐ 1 cup honeysuckle vodka
- ☐ 8 cups watermelon cubed seeded (1 [6-lb.] watermelon)

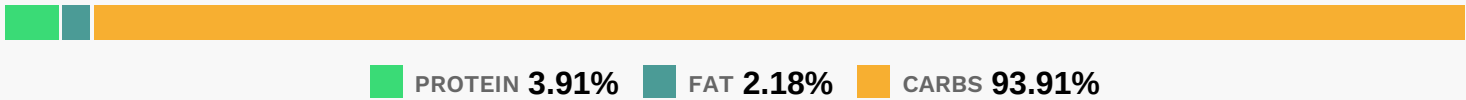
Equipment

- ☐ food processor
- ☐ sieve
- ☐ blender

Directions

- ☐ Process watermelon in a blender or food processor until smooth.
- ☐ Pour through a fine wire-mesh strainer into a large pitcher, using back of a spoon to squeeze out juice; discard solids.
- ☐ Stir vodka and next 2 ingredients into watermelon juice.
- ☐ Add ice, and top with soft drink; gently stir.
- ☐ Serve immediately.
- ☐ *Light rum or plain vodka may by substituted.

Nutrition Facts



Properties

Glycemic Index:9.59, Glycemic Load:5, Inflammation Score:-3, Nutrition Score:1.4613043549268%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg, Hesperetin: 0.69mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 66.88kcal (3.34%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 10.09g (3.36%), Net Carbohydrates: 9.81g (3.57%), Sugar: 8.78g (9.75%), Cholesterol: 0mg (0%), Sodium: 5.61mg (0.24%), Alcohol: 4.01g (100%), Alcohol %: 3.33% (100%), Caffeine: 3.54mg (1.18%), Protein: 0.42g (0.84%), Vitamin C: 6.84mg (8.29%), Vitamin A: 349.15IU (6.98%), Potassium: 75.94mg (2.17%), Copper: 0.04mg (1.82%), Magnesium: 7.29mg (1.82%), Vitamin B1: 0.02mg (1.49%), Vitamin B6: 0.03mg (1.49%), Vitamin B5: 0.14mg (1.43%), Manganese: 0.02mg (1.22%), Fiber: 0.28g (1.11%)