



Lime Ice on Watermelon



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



420 min.

SERVINGS



8

CALORIES



248 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups granulated sugar
- ☐ 1.3 cups lime
- ☐ 1.8 cups juice of lime fresh (10 limes)
- ☐ 2.3 cups water
- ☐ 0.5 watermelon chilled cut into slices or wedges
- ☐ 4 star anise whole

Equipment

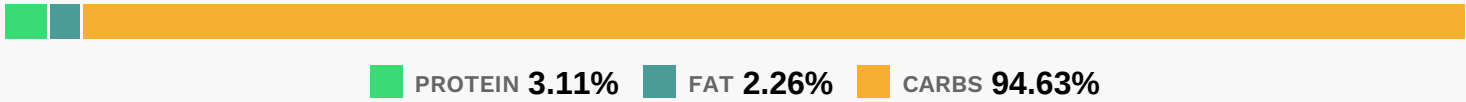
- ☐ bowl

☐ sieve

Directions

- ☐ Boil sugars, water, and star anise, stirring, until sugars are dissolved.
- ☐ Pour syrup through a fine sieve into a bowl, discarding solids. Cool syrup.
- ☐ Stir in lime juice.
- ☐ Freeze in a 13– by 9– by 2–inch glass dish, stirring occasionally with a fork, until liquid is frozen and granular, about 6 hours.
- ☐ Serve lime ice on watermelon.
- ☐ Lime ice may be made 2 days ahead and kept frozen, covered.

Nutrition Facts



Properties

Glycemic Index:22.72, Glycemic Load:41.57, Inflammation Score:-8, Nutrition Score:7.9104348084201%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 11.2mg, Hesperetin: 11.2mg, Hesperetin: 11.2mg, Hesperetin: 11.2mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg, Kaempferol: 1.27mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 248.17kcal (12.41%), Fat: 0.69g (1.06%), Saturated Fat: 0.06g (0.35%), Carbohydrates: 64.87g (21.62%), Net Carbohydrates: 63.04g (22.92%), Sugar: 56.01g (62.23%), Cholesterol: 0mg (0%), Sodium: 7.95mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.26%), Vitamin C: 43.13mg (52.28%), Vitamin A: 1635.84IU (32.72%), Potassium: 400.19mg (11.43%), Magnesium: 34.78mg (8.69%), Copper: 0.16mg (8%), Vitamin B6: 0.16mg (7.82%), Vitamin B1: 0.11mg (7.48%), Fiber: 1.83g (7.32%), Vitamin B5: 0.72mg (7.23%), Manganese: 0.13mg (6.53%), Iron: 1.02mg (5.65%), Vitamin B2: 0.08mg (4.62%), Phosphorus: 43.25mg (4.32%), Calcium: 37.65mg (3.76%), Folate: 14.98µg (3.75%), Vitamin B3: 0.62mg (3.11%), Zinc: 0.38mg (2.51%), Selenium: 1.49µg (2.13%), Vitamin E: 0.29mg (1.93%)