



Melon Agua Fresca

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



7 min.

SERVINGS



3

CALORIES



98 kcal

BEVERAGE

DRINK

Ingredients

- 3 tablespoons juice of lime fresh
- 2 tablespoons limeade concentrate frozen thawed
- 2 tablespoons orange juice fresh
- 5.5 cups watermelon cubed seeded

Equipment

- food processor
- sieve
- blender

Directions

- Combine first 4 ingredients in a blender or food processor; process until smooth. Strain watermelon mixture through a sieve into a pitcher; discard pulp. Cover and chill 2 hours or until ready to serve.
- Pour melon mixture into chilled glasses.
- Garnish with lime slices, if desired.

Nutrition Facts

 **PROTEIN 6.65%**  **FAT 3.67%**  **CARBS 89.68%**

Properties

Glycemic Index:42.22, Glycemic Load:15.48, Inflammation Score:-8, Nutrition Score:6.6099999935731%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 2.7mg, Hesperetin: 2.7mg, Hesperetin: 2.7mg, Hesperetin: 2.7mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg, Kaempferol: 1.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 97.58kcal (4.88%), Fat: 0.45g (0.69%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 24.84g (8.28%), Net Carbohydrates: 23.64g (8.6%), Sugar: 19.79g (21.99%), Cholesterol: 0mg (0%), Sodium: 3.5mg (0.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.68%), Vitamin C: 33.04mg (40.05%), Vitamin A: 1615.78IU (32.32%), Potassium: 353.31mg (10.09%), Magnesium: 30.51mg (7.63%), Vitamin B1: 0.11mg (7.07%), Vitamin B6: 0.14mg (6.8%), Vitamin B5: 0.66mg (6.57%), Copper: 0.13mg (6.38%), Manganese: 0.11mg (5.51%), Fiber: 1.2g (4.79%), Iron: 0.7mg (3.92%), Vitamin B2: 0.06mg (3.79%), Phosphorus: 34.78mg (3.48%), Folate: 13.36µg (3.34%), Vitamin B3: 0.56mg (2.82%), Calcium: 23.05mg (2.31%), Zinc: 0.3mg (1.98%), Selenium: 1.15µg (1.64%), Vitamin E: 0.18mg (1.18%)