

Melon Agua Fresca



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



142 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup juice of lime
- ☐ 5 cups melon cubed peeled seeded (from 3 lb. melon; see notes)
- ☐ 0.5 cup sugar

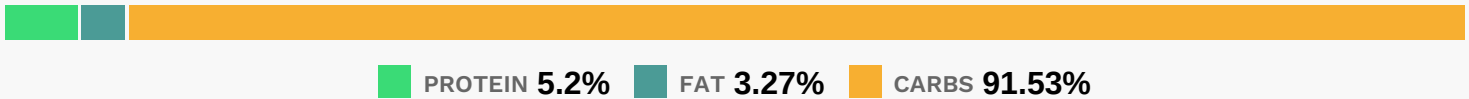
Equipment

- ☐ whisk
- ☐ blender

Directions

- ☐ In a blender, whirl melon, 1/2 cup sugar, and 1 cup water until very smooth.
- ☐ Pour into a large pitcher (at least 3 qt.).
- ☐ Whisk in 1/3 cup lime juice, 7 cups water, and more sugar and lime juice to taste. Chill until cold, at least 1 hour or up to 1 day.
- ☐ Serve over ice.

Nutrition Facts



Properties

Glycemic Index:23.62, Glycemic Load:19.19, Inflammation Score:-10, Nutrition Score:10.199565099633%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 141.6kcal (7.08%), Fat: 0.55g (0.84%), Saturated Fat: 0g (0.01%), Carbohydrates: 34.53g (11.51%), Net Carbohydrates: 32.1g (11.67%), Sugar: 32.06g (35.62%), Cholesterol: 0mg (0%), Sodium: 39.32mg (1.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Vitamin A: 8009.47IU (160.19%), Vitamin C: 37.96mg (46.01%), Folate: 72.59µg (18.15%), Potassium: 423.84mg (12.11%), Fiber: 2.43g (9.72%), Vitamin B3: 1.44mg (7.21%), Phosphorus: 62.35mg (6.24%), Vitamin B6: 0.12mg (6.22%), Magnesium: 23.06mg (5.76%), Vitamin B5: 0.56mg (5.64%), Copper: 0.1mg (5.02%), Calcium: 42.21mg (4.22%), Iron: 0.66mg (3.69%), Vitamin E: 0.27mg (1.81%), Zinc: 0.25mg (1.68%)