



Melon & Campari cooler



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



92 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 orange juice
- ☐ 3 tbsp campari
- ☐ 8 mint leaves
- ☐ 475 g cavaillon melon or (a mix of melons)
- ☐ 4 servings sugar for sprinkling

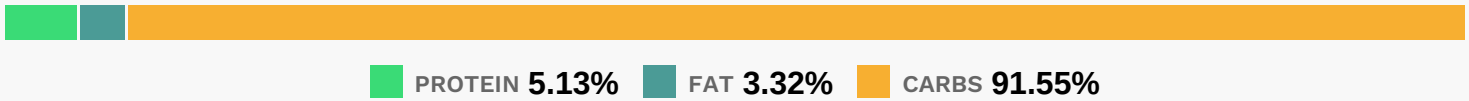
Equipment

- ☐ bowl

Directions

- ☐ Be a clever cheat and save time and buy a tub of fresh ready prepared melon chunks.
- ☐ Mix the orange juice, Campari or cordial and mint in a bowl. Tip in the melon with any juice, and stir. Pile the lot into tumblers and top each with mint leaves. For frosted tumblers, run the outside of 4 tumblers under the cold tap. Scatter with caster sugar and put in the freezer until ready to serve, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:42.52, Glycemic Load:12.59, Inflammation Score:-10, Nutrition Score:7.9086956173667%

Flavonoids

Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg Hesperetin: 3.79mg, Hesperetin: 3.79mg, Hesperetin: 3.79mg, Hesperetin: 3.79mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 91.5kcal (4.57%), Fat: 0.35g (0.55%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 22.02g (7.34%), Net Carbohydrates: 20.61g (7.5%), Sugar: 20.43g (22.7%), Cholesterol: 0mg (0%), Sodium: 20.51mg (0.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.47%), Vitamin A: 4161.08IU (83.22%), Vitamin C: 32.26mg (39.1%), Folate: 46.9µg (11.73%), Potassium: 274.68mg (7.85%), Fiber: 1.41g (5.63%), Vitamin B3: 0.87mg (4.33%), Magnesium: 15.82mg (3.96%), Vitamin B6: 0.07mg (3.7%), Phosphorus: 36.72mg (3.67%), Copper: 0.07mg (3.41%), Vitamin B5: 0.34mg (3.37%), Calcium: 28.23mg (2.82%), Iron: 0.49mg (2.71%), Vitamin B1: 0.03mg (1.91%), Manganese: 0.03mg (1.41%), Zinc: 0.16mg (1.05%)