

Melon Coolers



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



1500 min.

SERVINGS



8

CALORIES



83 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 pound cantaloupe seeded cut into 1-inch cubes (8 cups)
- ☐ 1 quart club soda chilled
- ☐ 1 tablespoon juice of lime fresh
- ☐ 1 slices garnish: lime wedges; honeydew melon
- ☐ 1 tablespoon sugar
- ☐ 1.5 cups water

Equipment

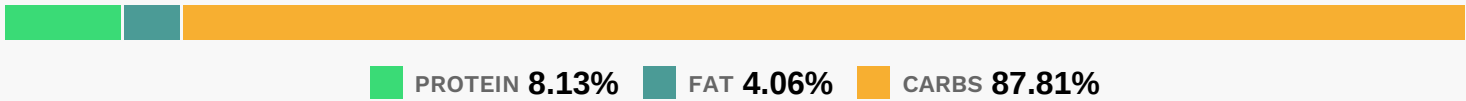
- ☐ bowl

- ☐ blender
- ☐ kitchen towels
- ☐ colander
- ☐ cheesecloth

Directions

- ☐ Purée cantaloupe in batches with water in a blender.
- ☐ Transfer to a colander lined with a kitchen towel (not terry cloth) or fine cheesecloth set over a deep bowl and let drain 1 hour. Gather ends of towel and very gently squeeze any remaining juice from melon, then discard solids.
- ☐ Stir in lime juice, sugar, and 1/4 tsp salt and chill 1 hour.
- ☐ Divide among 8 (10-ounces) glasses and top off with club soda.
- ☐ Drink, without club soda, can be made 4 days ahead and chilled.
- ☐ Add soda just before serving.

Nutrition Facts



Properties

Glycemic Index:21.2, Glycemic Load:12.32, Inflammation Score:-10, Nutrition Score:10.275652255701%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 83.39kcal (4.17%), Fat: 0.41g (0.64%), Saturated Fat: 0.12g (0.72%), Carbohydrates: 20.17g (6.72%), Net Carbohydrates: 18.35g (6.67%), Sugar: 19.4g (21.56%), Cholesterol: 0mg (0%), Sodium: 95.15mg (4.14%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.87g (3.74%), Vitamin A: 7671.25IU (153.42%), Vitamin C: 25.32mg (30.69%), Copper: 0.21mg (10.38%), Potassium: 360.79mg (10.31%), Folate: 31.95µg (7.99%), Vitamin B3: 1.58mg (7.88%), Magnesium: 31.27mg (7.82%), Zinc: 1.12mg (7.48%), Vitamin B1: 0.11mg (7.44%), Fiber: 1.83g (7.3%), Vitamin K: 6.14µg (11.27%)

(5.84%), Selenium: 3.87µg (5.52%), Iron: 0.88mg (4.87%), Manganese: 0.09mg (4.73%), Vitamin B6: 0.09mg (4.57%), Phosphorus: 38.84mg (3.88%), Vitamin B2: 0.06mg (3.64%), Calcium: 27.98mg (2.8%), Vitamin B5: 0.24mg (2.41%)