



## Melon spritzers



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



6

CALORIES



294 kcal

BEVERAGE

DRINK

### Ingredients



500 g textured vegetable protein (or a mixture)



2 lime zest



200 ml wine chilled

### Equipment



food processor



blender

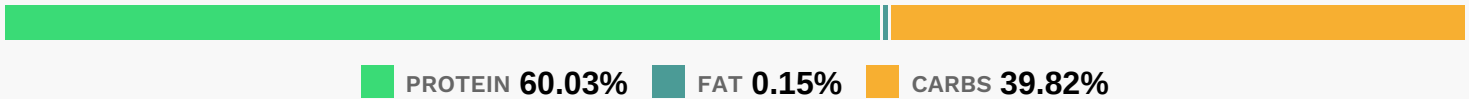


skewers

# Directions

- ☐
- Put the melon chunks in a blender or food processor with the lime juice and apple juice. Whizz to the smoothest you can get, then stir in the lime zest. Cover and chill until ready to serve.
- ☐
- To serve, pour the melon mixture into a big jug with the wine, then add an equal part of lemonade and give it a good stir. Thread a few melon balls onto skewers, if you like, add one to each glass with some crushed ice, and top up with the melon spritzer.

## Nutrition Facts



## Properties

Glycemic Index:7.83, Glycemic Load:0.68, Inflammation Score:-2, Nutrition Score:6.5452174635037%

## Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Hesperetin: 9.74mg, Hesperetin: 9.74mg, Hesperetin: 9.74mg, Hesperetin: 9.74mg Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg, Naringenin: 0.89mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 293.59kcal (14.68%), Fat: 0.04g (0.07%), Saturated Fat: 0g (0.03%), Carbohydrates: 25.92g (8.64%), Net Carbohydrates: 12.33g (4.48%), Sugar: 10.43g (11.59%), Cholesterol: 0mg (0%), Sodium: 8.8mg (0.38%), Alcohol: 3.48g (100%), Alcohol %: 3.16% (100%), Protein: 39.09g (78.18%), Fiber: 13.59g (54.37%), Iron: 8.93mg (49.58%), Calcium: 268.75mg (26.87%), Vitamin C: 6.5mg (7.88%), Manganese: 0.04mg (2.07%), Potassium: 46.79mg (1.34%), Vitamin B6: 0.03mg (1.33%), Magnesium: 4.72mg (1.18%), Phosphorus: 10.11mg (1.01%)