



Milky Watermelon Drink

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



193 kcal

BEVERAGE

DRINK

Ingredients

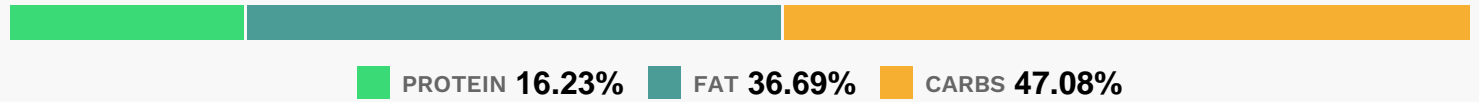
- 2 pieces dates (remove the seeds)
- 7 tablespoons evaporated milk
- 0.3 teaspoon ginger grated
- 0.3 cup ice crushed
- 1 cup watermelon

Equipment

Directions

- Blend all ingredients together till smooth and serve chilled.P:S – If you are wondering where to buy dates, check out supermarkets or the hausa traders at a market. They are more likely to have dates. Does anyone know what dates are called in Hausa? Please leave a comment and help others

Nutrition Facts



Properties

Glycemic Index:141.67, Glycemic Load:8.82, Inflammation Score:-7, Nutrition Score:8.6295652173913%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Taste

Sweetness: 100%, Saltiness: 0.55%, Sourness: 0.72%, Bitterness: 0.63%, Savoriness: 2.59%, Fattiness: 40.8%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 193.39kcal (9.67%), Fat: 8.18g (12.58%), Saturated Fat: 4.85g (30.29%), Carbohydrates: 23.61g (7.87%), Net Carbohydrates: 22.83g (8.3%), Sugar: 21.24g (23.6%), Cholesterol: 30.45mg (10.15%), Sodium: 115.88mg (5.04%), Protein: 8.14g (16.27%), Calcium: 287.32mg (28.73%), Phosphorus: 231.28mg (23.13%), Vitamin A: 1116.03IU (22.32%), Vitamin B2: 0.37mg (21.48%), Vitamin C: 14.34mg (17.38%), Potassium: 503.59mg (14.39%), Magnesium: 42.07mg (10.52%), Vitamin B5: 1.02mg (10.19%), Vitamin B1: 0.1mg (6.71%), Zinc: 0.97mg (6.49%), Vitamin B6: 0.13mg (6.25%), Copper: 0.1mg (4.77%), Selenium: 3.09µg (4.41%), Manganese: 0.07mg (3.52%), Folate: 13.4µg (3.35%), Iron: 0.59mg (3.27%), Fiber: 0.78g (3.11%), Vitamin B12: 0.17µg (2.8%), Vitamin B3: 0.5mg (2.52%), Vitamin E: 0.25mg (1.64%)