



Minted Lemon-Lime Watermelon Agua Fresca



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



9

CALORIES



108 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup mint leaves fresh coarsely chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated
- ☐ 0.3 cup juice of lime fresh
- ☐ 1 tablespoon lime rind grated
- ☐ 0.5 cup sugar
- ☐ 1.3 cups water
- ☐ 12 cups watermelon cubed seeded

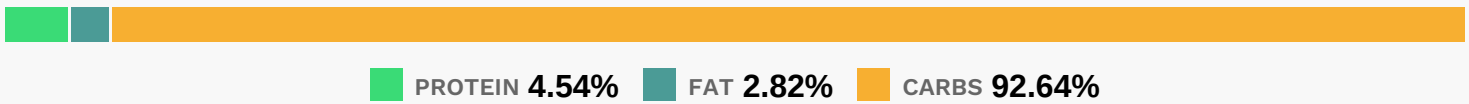
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ blender

Directions

- ☐ Combine 1 1/4 cups water and sugar in a small saucepan; bring to a boil over medium-high heat. Cook for 30 seconds or until sugar dissolves, stirring frequently.
- ☐ Remove from heat; stir in mint, lime rind, and lemon rind.
- ☐ Let stand 20 minutes. Strain mixture through a fine mesh sieve over a bowl; discard solids.
- ☐ Place one-third each of sugar syrup and watermelon in blender; process until smooth.
- ☐ Pour puree into a large pitcher. Repeat the procedure twice with remaining sugar syrup and watermelon. Stir in lime and lemon juice.
- ☐ Serve over ice, or refrigerate until ready to serve. Stir before serving.

Nutrition Facts



Properties

Glycemic Index:19.64, Glycemic Load:18.59, Inflammation Score:-7, Nutrition Score:4.8821739211031%

Flavonoids

Eriodictyol: 0.91mg, Eriodictyol: 0.91mg, Eriodictyol: 0.91mg, Eriodictyol: 0.91mg Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg, Hesperetin: 1.78mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 108.04kcal (5.4%), Fat: 0.38g (0.58%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 27.7g (9.23%), Net Carbohydrates: 26.63g (9.68%), Sugar: 23.93g (26.59%), Cholesterol: 0mg (0%), Sodium: 4.54mg (0.2%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 1.36g (2.72%), Vitamin C: 21.95mg (26.61%), Vitamin A: 1228.3IU (24.57%), Potassium: 251.45mg (7.18%), Magnesium: 22.91mg (5.73%), Copper: 0.1mg (5.02%), Vitamin B6: 0.1mg (4.98%), Manganese: 0.1mg (4.95%), Vitamin B1: 0.07mg (4.78%), Vitamin B5: 0.47mg (4.72%), Fiber: 1.08g (4.3%), Iron: 0.6mg (3.31%), Vitamin B2: 0.05mg (3.03%), Phosphorus: 25.05mg (2.51%), Folate: 9.79µg (2.45%), Calcium: 21.69mg (2.17%), Vitamin B3: 0.41mg (2.04%), Zinc: 0.24mg (1.57%), Selenium: 0.9µg (1.28%)