

Pink melon lollies



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



124 kcal

SIDE DISH

Ingredients

- ☐ 900 g watermelon diced deseeded
- ☐ 2 tbsp granulated sugar
- ☐ 5 tbsp juice of lime (you'll need 3 limes)
- ☐ 2 tbsp ginger grated
- ☐ 8 servings m&m candies green (optional- see tip, below)

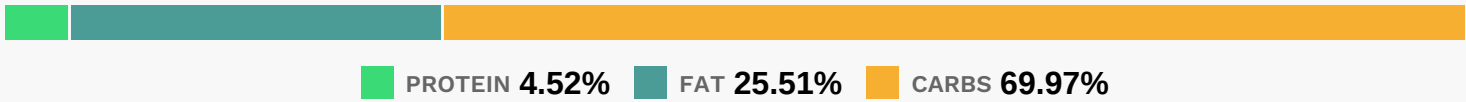
Equipment

- ☐ blender

Directions

- ☐
- Put the melon, sugar, lime juice and ginger in a blender (or use a stick blender) and whizz until smooth. Skim off any fluffy stuff, then divide between ice lolly moulds and freeze overnight.
- ☐
- When youre ready to serve, remove the lollies from their moulds and dip into popping candy, if you like, or see tip, before tucking in.

Nutrition Facts



Properties

Glycemic Index:19.97, Glycemic Load:8.14, Inflammation Score:-5, Nutrition Score:2.8408695653729%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg, Hesperetin: 0.84mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 124.34kcal (6.22%), Fat: 3.7g (5.7%), Saturated Fat: 2.19g (13.7%), Carbohydrates: 22.84g (7.61%), Net Carbohydrates: 21.91g (7.97%), Sugar: 19.54g (21.71%), Cholesterol: 2.25mg (0.75%), Sodium: 11.77mg (0.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.47g (2.95%), Vitamin C: 12.1mg (14.67%), Vitamin A: 678.41IU (13.57%), Potassium: 144.29mg (4.12%), Fiber: 0.93g (3.71%), Magnesium: 12.75mg (3.19%), Vitamin B6: 0.06mg (2.85%), Copper: 0.05mg (2.7%), Calcium: 26.9mg (2.69%), Vitamin B1: 0.04mg (2.66%), Iron: 0.47mg (2.64%), Vitamin B5: 0.26mg (2.64%), Manganese: 0.05mg (2.43%), Vitamin B2: 0.03mg (1.54%), Phosphorus: 14.28mg (1.43%), Vitamin B3: 0.23mg (1.13%), Folate: 4.51µg (1.13%)