

## Refreshing Watermelon Cooler

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



3

CALORIES



48 kcal

BEVERAGE

DRINK

### Ingredients

- 10 ice cubes
- 2 sprigs peppermint candies
- 3 cups watermelon cubed seeded

### Equipment

- blender

### Directions

Place the watermelon, peppermint leaves, honey, and ice cubes into a blender. Cover, and puree until smooth.

Serve immediately.

## Nutrition Facts

**PROTEIN 6.84%** **FAT 3.79%** **CARBS 89.37%**

### Properties

Glycemic Index:48.22, Glycemic Load:8.56, Inflammation Score:-6, Nutrition Score:3.1234782370536%

### Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg

### Nutrients (% of daily need)

Calories: 48.3kcal (2.41%), Fat: 0.23g (0.35%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 12.11g (4.04%), Net Carbohydrates: 11.5g (4.18%), Sugar: 9.87g (10.97%), Cholesterol: 0mg (0%), Sodium: 3.85mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.85%), Vitamin A: 864.88IU (17.3%), Vitamin C: 12.31mg (14.92%), Potassium: 170.24mg (4.86%), Magnesium: 15.67mg (3.92%), Copper: 0.07mg (3.57%), Vitamin B6: 0.07mg (3.42%), Vitamin B5: 0.34mg (3.36%), Vitamin B1: 0.05mg (3.34%), Manganese: 0.06mg (2.89%), Fiber: 0.61g (2.43%), Iron: 0.36mg (2.03%), Vitamin B2: 0.03mg (1.88%), Phosphorus: 16.72mg (1.67%), Vitamin B3: 0.27mg (1.35%), Calcium: 12.04mg (1.2%), Folate: 4.56µg (1.14%), Zinc: 0.16mg (1.04%)