



# Spicy Honeydew and Coconut Water Agua Fresca

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



30 min.

SERVINGS



3

CALORIES



401 kcal

BEVERAGE

DRINK

## Ingredients

- 1 tablespoon chili peppers
- 5 chilies dried
- 1 cup coconut water
- 2 pounds wedges honeydew melon whole cubed
- 1 tablespoon juice of lime fresh
- 1 cup sugar
- 1 cup water

## Equipment

- bowl
- sauce pan
- blender
- colander
- cheesecloth

## Directions

- For the Chile de Arbol Simple Syrup: Tear the chiles with your hands and combine them (seeds and all) in a small saucepan with water and sugar. Bring to boil, stirring frequently, then reduce heat and simmer for 10 minutes.
- Remove from heat, let cool to room temperature, strain and refrigerate liquid. Syrup keeps for up to 1 week in a sealed container.
- Put the honeydew in a blender and pulse a few times to break down the melon then blend on medium for about 15 more seconds, until a pulpy puree forms. Position a colander lined with a double layer of cheesecloth over a bowl and pour the honeydew mixture into the colander.
- Let strain for about 10 minutes, then pick up the ends of the cheesecloth and squeeze to extract any remaining juice.
- Measure 1 1/2 cups of the resulting juice and combine with the coconut water, chile de arbol syrup, and lime juice in a small pitcher. Stir to combine and refrigerate until completely cool.
- Serve garnished with additional fresh melon if desired.

## Nutrition Facts



**PROTEIN 2.66%** **FAT 2.39%** **CARBS 94.95%**

## Properties

Glycemic Index:41.7, Glycemic Load:47.69, Inflammation Score:-8, Nutrition Score:12.83521728412%

## Flavonoids

Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg

Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.11mg,

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 400.65kcal (20.03%), Fat: 1.13g (1.75%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 101.3g (33.77%), Net Carbohydrates: 96.33g (35.03%), Sugar: 95.63g (106.25%), Cholesterol: 0mg (0%), Sodium: 148.38mg (6.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.68%), Vitamin C: 59.66mg (72.32%), Vitamin A: 1680.01IU (33.6%), Potassium: 1004.4mg (28.7%), Fiber: 4.97g (19.89%), Vitamin B6: 0.34mg (17.01%), Folate: 63.29µg (15.82%), Vitamin K: 15.03µg (14.32%), Magnesium: 56.5mg (14.12%), Manganese: 0.25mg (12.31%), Vitamin B2: 0.16mg (9.69%), Vitamin B1: 0.14mg (9.66%), Vitamin B3: 1.83mg (9.17%), Copper: 0.14mg (6.82%), Iron: 1.13mg (6.29%), Phosphorus: 59.13mg (5.91%), Vitamin B5: 0.56mg (5.64%), Selenium: 3.52µg (5.03%), Calcium: 43.67mg (4.37%), Zinc: 0.43mg (2.86%), Vitamin E: 0.25mg (1.68%)