



## Spiked Watermelon lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



246 kcal

BEVERAGE

DRINK

### Ingredients

- 0.8 cup sugar
- 2 cups water
- 4 sprigs mint leaves
- 1 cup juice of lemon fresh
- 7 cups watermelon cut into a 1" dice- approx half a medium watermelon
- 8 ounces hendrick's gin

### Equipment

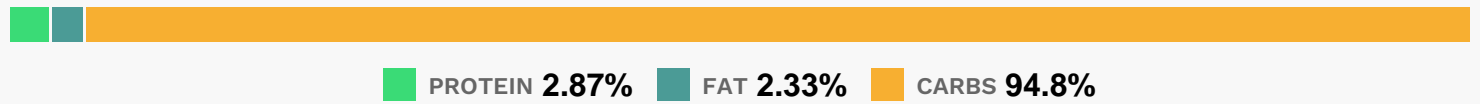
- sauce pan

blender

## Directions

- Place sugar and 1 cup of water in a small saucepan, add mint. Cook over medium heat stirring until the sugar dissolves. Once dissolved remove from heat, cover saucepan and let sit for at least an hour to infuse.
- In a blender combine the lemon juice with cubed watermelon.
- Add mint simple syrup 1/4 cup at a time until the mixture is at your desired sweetness, about a cup.
- Pour the mixture into a large pitcher and add 1 cup of cold water, the gin and fill with the watermelon mixture. Stir to combine.

## Nutrition Facts



## Properties

Glycemic Index:26.63, Glycemic Load:26.92, Inflammation Score:-7, Nutrition Score:5.0882608695652%

## Flavonoids

Eriodictyol: 2.19mg, Eriodictyol: 2.19mg, Eriodictyol: 2.19mg, Eriodictyol: 2.19mg Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

## Nutrients (% of daily need)

Calories: 246.18kcal (12.31%), Fat: 0.45g (0.69%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 41.19g (13.73%), Net Carbohydrates: 40.31g (14.66%), Sugar: 36.97g (41.08%), Cholesterol: 0mg (0%), Sodium: 6.96mg (0.3%), Alcohol: 12.63g (70.14%), Protein: 1.25g (2.5%), Vitamin C: 30.31mg (36.74%), Vitamin A: 1039.79IU (20.8%), Potassium: 245.55mg (7.02%), Magnesium: 21.5mg (5.37%), Copper: 0.11mg (5.27%), Vitamin B6: 0.1mg (4.99%), Vitamin B1: 0.07mg (4.74%), Vitamin B5: 0.45mg (4.47%), Manganese: 0.09mg (4.4%), Folate: 14.21µg (3.55%), Fiber: 0.88g (3.54%), Vitamin B2: 0.05mg (3.02%), Iron: 0.52mg (2.89%), Phosphorus: 24.76mg (2.48%), Calcium: 19.09mg (1.91%), Vitamin B3: 0.37mg (1.84%), Zinc: 0.23mg (1.54%), Selenium: 0.9µg (1.29%)