



Spiked Watermelon Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



248 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 tablespoons crème de cassis
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 cup juice of lemon fresh
- ☐ 0.7 cup sugar
- ☐ 0.5 cup vodka
- ☐ 8 pound watermelon peeled cut into 1-inch pieces (16 cups)

Equipment

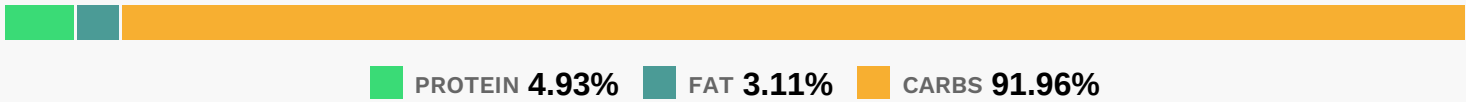
- ☐ bowl

☐ whisk

Directions

- ☐ Place watermelon in large bowl.
- ☐ Whisk fresh lemon juice and sugar in medium bowl until sugar dissolves.
- ☐ Whisk in vodka and crème de cassis. Season mixture to taste with salt.
- ☐ Pour mixture over watermelon. Cover and chill at least 1 hour and up to 2 hours.
- ☐ Sprinkle with chopped fresh mint and serve.

Nutrition Facts



Properties

Glycemic Index:19.97, Glycemic Load:35.85, Inflammation Score:-9, Nutrition Score:10.442608659682%

Flavonoids

Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 4.56mg, Hesperetin: 4.56mg, Hesperetin: 4.56mg, Hesperetin: 4.56mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 2.26mg, Luteolin: 2.26mg, Luteolin: 2.26mg, Luteolin: 2.26mg Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg, Kaempferol: 2.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 248.24kcal (12.41%), Fat: 0.82g (1.26%), Saturated Fat: 0.09g (0.55%), Carbohydrates: 54.64g (18.21%), Net Carbohydrates: 52.62g (19.13%), Sugar: 47g (52.22%), Cholesterol: 0mg (0%), Sodium: 6.92mg (0.3%), Alcohol: 5.01g (100%), Alcohol %: 1.2% (100%), Protein: 2.93g (5.85%), Vitamin C: 48.99mg (59.38%), Vitamin A: 2642.51IU (52.85%), Potassium: 548.03mg (15.66%), Magnesium: 48.43mg (12.11%), Vitamin B6: 0.22mg (11%), Vitamin B1: 0.16mg (10.59%), Vitamin B5: 1.05mg (10.47%), Copper: 0.2mg (10.18%), Manganese: 0.19mg (9.73%), Fiber: 2.02g (8.07%), Iron: 1.2mg (6.67%), Vitamin B2: 0.11mg (6.34%), Phosphorus: 54.11mg (5.41%), Folate: 21.31µg (5.33%), Vitamin B3: 0.86mg (4.3%), Calcium: 37.72mg (3.77%), Zinc: 0.49mg (3.29%), Selenium: 1.94µg (2.78%), Vitamin E: 0.27mg (1.82%)