



Summer Hoedown

 Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



8

CALORIES



206 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 48 ounce beer white such as hoegaarden, chilled
- 2 tablespoons granulated sugar
- 0.3 cup maraschino liqueur
- 6 pound seeded/seedless watermelon seedless cut into large dice

Equipment

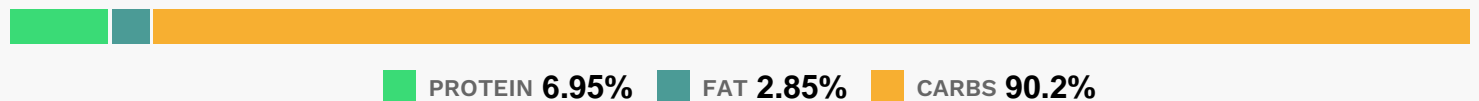
- bowl
- sieve
- blender

spatula

Directions

- Set a fine-mesh strainer over a large bowl; set aside.
- Place half of the watermelon in a blender and blend until liquified, about 1 minute.
- Pour through the strainer into the bowl and scrape a rubber spatula against the inside surface of the strainer to push the juice through until only pulp remains. Discard the pulp and set the strainer back over the bowl. Repeat with the remaining watermelon. (You should have about 6 cups of juice.)
- Add the sugar to the juice and stir until dissolved, about 2 minutes. Refrigerate until chilled, about 1 1/2 hours, or until ready to use. When ready to serve, transfer the chilled juice to a 3-quart container.
- Add the maraschino liqueur and beer and stir gently to combine.

Nutrition Facts



Properties

Glycemic Index:23.16, Glycemic Load:22.7, Inflammation Score:-9, Nutrition Score:8.015217418256%

Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg Kaempferol: 2.91mg, Kaempferol: 2.91mg, Kaempferol: 2.91mg, Kaempferol: 2.91mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 206kcal (10.3%), Fat: 0.52g (0.8%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 37.08g (12.36%), Net Carbohydrates: 35.72g (12.99%), Sugar: 26.43g (29.37%), Cholesterol: 0mg (0%), Sodium: 10.24mg (0.45%), Alcohol: 9.61g (100%), Alcohol %: 2.34% (100%), Protein: 2.86g (5.72%), Vitamin A: 1935.71IU (38.71%), Vitamin C: 27.56mg (33.4%), Potassium: 427mg (12.2%), Vitamin B6: 0.23mg (11.57%), Magnesium: 44.23mg (11.06%), Vitamin B5: 0.82mg (8.22%), Vitamin B1: 0.12mg (8.05%), Copper: 0.15mg (7.58%), Vitamin B3: 1.48mg (7.39%), Manganese: 0.14mg (7.15%), Vitamin B2: 0.11mg (6.74%), Phosphorus: 61.24mg (6.12%), Fiber: 1.36g (5.44%), Folate: 20.41µg (5.1%), Iron: 0.85mg (4.73%), Selenium: 2.4µg (3.43%), Calcium: 30.65mg (3.06%), Zinc: 0.36mg (2.38%), Vitamin E:

0.17mg (1.13%)