



Summer Watermelon Situation



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



183 kcal

SIDE DISH

Ingredients

- ☐ 17.5 ounce coconut juice canned
- ☐ 1 optional: lemon
- ☐ 1 cup sugar
- ☐ 8 ounces lemon vodka chilled
- ☐ 1 cup water
- ☐ 8 cups watermelon diced for garnish

Equipment

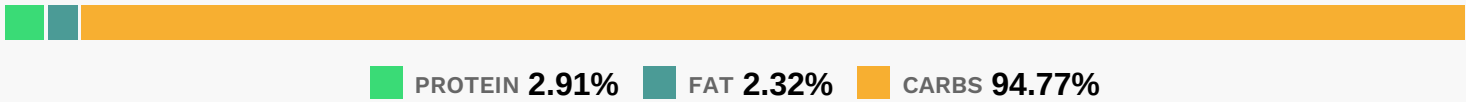
- ☐ sauce pan

- ☐ blender
- ☐ microwave

Directions

- ☐ Chill watermelon in the freezer for 30 minutes. Put all the ingredients in a blender and puree until smooth. Finish with a squeeze of fresh lemon.
- ☐ Serve very cold in a chilled glass, and garnish with watermelon or lemon slices.
- ☐ Put the sugar and water in a small saucepan. Cook over low heat, stirring, until the sugar dissolves. (Alternatively, heat in the microwave.) Store in a sealed container in the refrigerator for up to 1 month.

Nutrition Facts



Properties

Glycemic Index:29.56, Glycemic Load:29.07, Inflammation Score:-7, Nutrition Score:5.5643478586622%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg, Epicatechin: 2.92mg Eriodictyol: 8.94mg, Eriodictyol: 8.94mg, Eriodictyol: 8.94mg, Eriodictyol: 8.94mg Hesperetin: 11.68mg, Hesperetin: 11.68mg, Hesperetin: 11.68mg, Hesperetin: 11.68mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg, Luteolin: 1.49mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 182.51kcal (9.13%), Fat: 0.51g (0.79%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 47.28g (15.76%), Net Carbohydrates: 45.38g (16.5%), Sugar: 41.39g (45.98%), Cholesterol: 0mg (0%), Sodium: 6.57mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.9%), Vitamin C: 35.05mg (42.49%), Vitamin A: 874.71IU (17.49%), Potassium: 291.13mg (8.32%), Fiber: 1.9g (7.62%), Manganese: 0.12mg (5.86%), Vitamin B6: 0.11mg (5.65%), Magnesium: 21.94mg (5.49%), Vitamin B1: 0.08mg (5.33%), Copper: 0.09mg (4.66%), Vitamin B5: 0.45mg (4.46%), Iron: 0.7mg (3.9%), Vitamin B2: 0.06mg (3.27%), Phosphorus: 27.76mg (2.78%), Calcium: 27.62mg (2.76%), Folate: 9.16µg (2.29%), Vitamin B3: 0.36mg (1.79%), Selenium: 0.99µg (1.41%), Zinc: 0.19mg (1.3%)