



Tipsy Red-and-Yellow Watermelon Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



80 min.

SERVINGS



8

CALORIES



137 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 cup juice of lemon fresh (10 to 12 lemons)
- ☐ 8 servings garnish: mint sprigs fresh
- ☐ 0.3 cup raspberry liqueur black
- ☐ 1 pinch sea salt fine
- ☐ 0.7 cup sugar
- ☐ 0.5 cup vodka

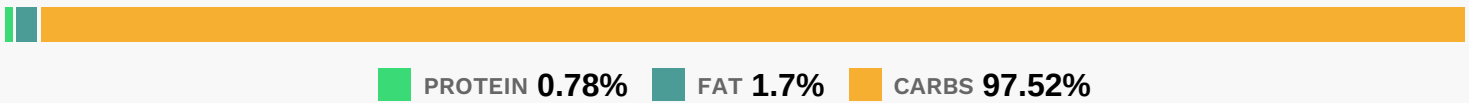
Equipment

- ☐ bowl
- ☐ whisk
- ☐ slotted spoon
- ☐ melon baller

Directions

- ☐ Scoop watermelons into balls using various size melon ballers, and place watermelon in a large bowl.
- ☐ Whisk together lemon juice and next 4 ingredients in a medium bowl until sugar dissolves.
- ☐ Pour lemon juice mixture over watermelon balls; gently stir to coat. Cover and chill 1 to 2 hours.
- ☐ Gently toss watermelon balls.
- ☐ Sprinkle with chopped fresh mint.
- ☐ Serve immediately with a slotted spoon.

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:11.64, Inflammation Score:-2, Nutrition Score:1.2656521829574%

Flavonoids

Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg Hesperetin: 4.58mg, Hesperetin: 4.58mg, Hesperetin: 4.58mg, Hesperetin: 4.58mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg 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: 136.95kcal (6.85%), Fat: 0.17g (0.26%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 22.11g (7.37%), Net Carbohydrates: 21.89g (7.96%), Sugar: 20.57g (22.85%), Cholesterol: 0mg (0%), Sodium: 6.76mg (0.29%), Alcohol: 7.57g (100%), Alcohol %: 13.02% (100%), Protein: 0.18g (0.36%), Vitamin C: 12.32mg (14.93%), Folate: 7.95µg (1.99%), Vitamin A: 70.86IU (1.42%), Manganese: 0.03mg (1.26%), Potassium: 44.1mg (1.26%)