



## Watermelon And Blackberries With Lemon Syrup

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



5

CALORIES



562 kcal

### Ingredients

- 2 cups blackberries fresh
- 1 tablespoon juice of lemon fresh
- 0.5 teaspoon lemon rind grated
- 0.3 cup sugar
- 0.5 cup water
- 4 cups watermelon balls seeded

### Equipment

- bowl

sauce pan

## Directions

- Combine first 4 ingredients in a small saucepan; stir well. Bring mixture to a boil over medium-high heat; cook 45 seconds or until sugar dissolves.
- Remove from heat; cover and chill 30 minutes.
- Combine watermelon and blackberries in a large bowl; add lemon syrup, and toss gently.

## Nutrition Facts



## Properties

Glycemic Index:19.02, Glycemic Load:7.6, Inflammation Score:-4, Nutrition Score:21.630434979563%

## Flavonoids

Cyanidin: 57.57mg, Cyanidin: 57.57mg, Cyanidin: 57.57mg, Cyanidin: 57.57mg Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg, Pelargonidin: 0.26mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 21.35mg, Catechin: 21.35mg, Catechin: 21.35mg, Catechin: 21.35mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg, Epicatechin: 2.68mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

## Nutrients (% of daily need)

Calories: 561.8kcal (28.09%), Fat: 40.43g (62.2%), Saturated Fat: 14.9g (93.16%), Carbohydrates: 15.73g (5.24%), Net Carbohydrates: 12.65g (4.6%), Sugar: 12.87g (14.31%), Cholesterol: 136.27mg (45.42%), Sodium: 107.89mg (4.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.76g (65.53%), Vitamin B1: 1.4mg (93.19%), Selenium: 46.86µg (66.94%), Vitamin B3: 8.59mg (42.93%), Vitamin B6: 0.74mg (37.2%), Phosphorus: 344.16mg (34.42%), Zinc: 4.47mg (29.83%), Vitamin B2: 0.46mg (27.19%), Vitamin B12: 1.32µg (22.08%), Manganese: 0.39mg (19.59%), Potassium: 640.13mg (18.29%), Vitamin C: 14.84mg (17.99%), Vitamin B5: 1.43mg (14.28%), Fiber: 3.08g (12.33%), Magnesium: 47.93mg (11.98%), Iron: 2.03mg (11.29%), Vitamin K: 11.4µg (10.86%), Copper: 0.19mg (9.27%), Folate: 24.49µg (6.12%), Vitamin E: 0.68mg (4.53%), Calcium: 44.46mg (4.45%), Vitamin A: 136.79IU (2.74%)