



Watermelon and Grapefruit Agua Fresca



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



120 kcal

BEVERAGE

DRINK

Ingredients



1.3 cups grapefruit juice fresh white red



18 cups seeded/seedless watermelon seedless chopped (one 10-pound melon)

Equipment



bowl



sieve



blender

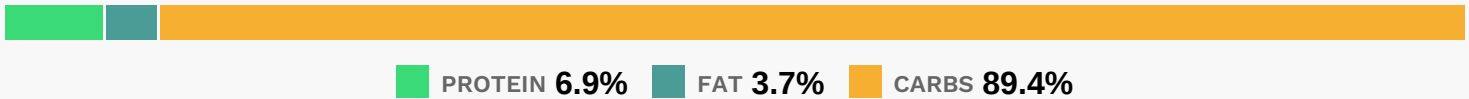


cheesecloth

Directions

- ☐ Working in batches, purée watermelon in a blender until smooth.
- ☐ Pour into a large bowl and let stand for 10 minutes. Skim foam from surface and discard.
- ☐ Set a fine-mesh sieve over a large pitcher; line sieve with cheesecloth. Strain purée into pitcher (you should have almost 7 cups juice). Stir in grapefruit juice.
- ☐ Fill glasses with ice. Divide agua fresca among glasses.

Nutrition Facts



Properties

Glycemic Index:15.33, Glycemic Load:20.21, Inflammation Score:-8, Nutrition Score:7.7343477878882%

Flavonoids

Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg

Nutrients (% of daily need)

Calories: 119.56kcal (5.98%), Fat: 0.55g (0.85%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 29.91g (9.97%), Net Carbohydrates: 28.51g (10.37%), Sugar: 25.26g (28.07%), Cholesterol: 0mg (0%), Sodium: 4.16mg (0.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.61%), Vitamin C: 37.62mg (45.6%), Vitamin A: 1948.56IU (38.97%), Potassium: 442.78mg (12.65%), Magnesium: 37.89mg (9.47%), Vitamin B5: 0.79mg (7.93%), Vitamin B6: 0.15mg (7.69%), Vitamin B1: 0.11mg (7.52%), Copper: 0.14mg (7.18%), Manganese: 0.13mg (6.5%), Fiber: 1.4g (5.62%), Iron: 0.97mg (5.38%), Vitamin B2: 0.07mg (4.22%), Phosphorus: 41.68mg (4.17%), Vitamin B3: 0.72mg (3.6%), Folate: 11µg (2.75%), Calcium: 26.89mg (2.69%), Zinc: 0.38mg (2.53%), Selenium: 1.37µg (1.95%), Vitamin E: 0.17mg (1.14%)