



Watermelon and Mint

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



100 kcal

SIDE DISH

Ingredients

- 8 servings ice cubes
- 4 lime divided halved very thin
- 24 mint leaves divided
- 8 tablespoons super-fine sugar sweet divided (adjust if too when using a naturally sweeter watermelon)
- 0.5 cup water
- 3 pounds watermelon cubed seeded

Equipment

blender

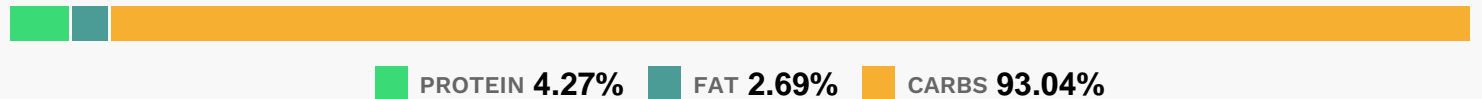
Directions

Watch how to make this recipe.

Add the watermelon and the water to a blender, and puree until smooth. Divide the mint leaves, sugar and lime slices among 8 glasses and muddle the ingredients.

Add ice to each glass and pour in the watermelon agua fresco. Stir and serve.

Nutrition Facts



Properties

Glycemic Index:22.09, Glycemic Load:17.54, Inflammation Score:-7, Nutrition Score:4.1656522206638%

Flavonoids

Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg, Eriodictyol: 0.93mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 1.16mg, Luteolin: 1.16mg, Luteolin: 1.16mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 100.38kcal (5.02%), Fat: 0.33g (0.51%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 25.61g (8.54%), Net Carbohydrates: 24.59g (8.94%), Sugar: 22.58g (25.09%), Cholesterol: 0mg (0%), Sodium: 6.36mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.35%), Vitamin A: 1097.04IU (21.94%), Vitamin C: 15.75mg (19.09%), Potassium: 211.39mg (6.04%), Magnesium: 20.33mg (5.08%), Manganese: 0.1mg (5.03%), Copper: 0.1mg (4.79%), Vitamin B6: 0.08mg (4.1%), Fiber: 1.02g (4.07%), Vitamin B1: 0.06mg (3.98%), Vitamin B5: 0.39mg (3.94%), Iron: 0.59mg (3.26%), Vitamin B2: 0.05mg (2.75%), Calcium: 22.6mg (2.26%), Folate: 8.8µg (2.2%), Phosphorus: 21.53mg (2.15%), Vitamin B3: 0.36mg (1.8%), Zinc: 0.22mg (1.44%), Selenium: 0.77µg (1.09%)