



Watermelon-Berry Slush

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



185 kcal

DESSERT

Ingredients

- 10 ounce raspberries in syrup light frozen
- 11 ounce seltzer water
- 4 cups watermelon cubed seeded

Equipment

- food processor
- frying pan

Directions

- Place watermelon cubes in a single layer in a shallow pan; freeze until firm.
- Remove watermelon from freezer; let stand 5 minutes. Drop watermelon through food processor chute with processor running; process until smooth.
- Add chunks of frozen raspberries alternately with sparkling water; processing until mixture is smooth.
- Serve immediately.
- Tip: This is a great recipe to make when you have half of a watermelon left over. Or you can substitute containers of cubed watermelon from the produce section of the supermarket.

Nutrition Facts

   **PROTEIN 3.91%**  **FAT 0.77%**  **CARBS 95.32%**

Properties

Glycemic Index:14.93, Glycemic Load:6.49, Inflammation Score:-5, Nutrition Score:2.6926086995265%

Flavonoids

Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg

Nutrients (% of daily need)

Calories: 185.03kcal (9.25%), Fat: 0.18g (0.28%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 51.03g (17.01%), Net Carbohydrates: 50.54g (18.38%), Sugar: 41.29g (45.87%), Cholesterol: 0mg (0%), Sodium: 54.57mg (2.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Vitamin A: 691.9IU (13.84%), Vitamin C: 9.85mg (11.94%), Calcium: 49.43mg (4.94%), Potassium: 137.44mg (3.93%), Magnesium: 12.78mg (3.2%), Copper: 0.05mg (2.74%), Vitamin B6: 0.05mg (2.74%), Vitamin B5: 0.27mg (2.69%), Vitamin B1: 0.04mg (2.68%), Manganese: 0.05mg (2.34%), Fiber: 0.49g (1.95%), Iron: 0.3mg (1.66%), Vitamin B2: 0.03mg (1.5%), Phosphorus: 13.38mg (1.34%), Zinc: 0.18mg (1.23%), Vitamin B3: 0.22mg (1.08%)