



Watermelon Cooler



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



72 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 cups ginger ale
- ☐ 6 oz limeade concentrate frozen canned
- ☐ 0.3 cup water
- ☐ 8 cups watermelon cubes ()

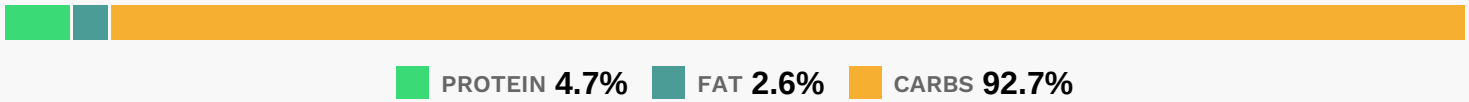
Equipment

- ☐ blender

Directions

- ☐ Place watermelon cubes in a single layer in an extra-large zip-top plastic freezer bag, and freeze 8 hours.
- ☐ Let stand at room temperature 15 minutes.
- ☐ Process half each of watermelon, ginger ale, water, and limeade concentrate in a blender until smooth; pour mixture into a pitcher. Repeat procedure with remaining half of ingredients; stir into pitcher, and serve immediately.
- ☐ Honeydew Cooler: Substitute 8 cups (1/2-inch) honeydew melon cubes for watermelon cubes and 1 (6-oz.) can frozen lemonade concentrate for limeade concentrate; proceed as directed.
- ☐ Per (1-cup) serving: Calories 118; Fat 3g (sat 1g, mono 0g, poly 1g); Protein 1g; Carb 30g; Fiber 4g; Chol 0mg; Iron 4mg; Sodium 36mg; Calc 15mg.
- ☐ Cantaloupe Cooler: Substitute 8 cups (1/2-inch) cantaloupe cubes for watermelon, and add 2 tsp. grated fresh ginger to mixture in blender. Proceed as directed.
- ☐ Per (1-cup) serving: Calories 117; Fat 3g (sat 1g, mono 0g, poly 1g); Protein 4g; Carb 29g; Fiber 1g; Chol 0mg; Iron 5mg; Sodium 32mg; Calc 19mg.

Nutrition Facts



Properties

Glycemic Index:17.21, Glycemic Load:10.56, Inflammation Score:-6, Nutrition Score:3.2330434613902%

Flavonoids

Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg

Nutrients (% of daily need)

Calories: 71.7kcal (3.59%), Fat: 0.23g (0.35%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 17.68g (6.43%), Sugar: 16.18g (17.98%), Cholesterol: 0mg (0%), Sodium: 5.75mg (0.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.85%), Vitamin A: 864.88IU (17.3%), Vitamin C: 12.97mg (15.72%), Potassium: 172.81mg (4.94%), Magnesium: 16.17mg (4.04%), Copper: 0.08mg (3.84%), Vitamin B6: 0.07mg (3.46%), Vitamin B5: 0.34mg (3.38%), Vitamin B1: 0.05mg (3.37%), Manganese: 0.06mg (3.19%), Iron: 0.44mg (2.47%), Fiber: 0.61g (2.43%), Vitamin B2: 0.03mg (1.92%), Phosphorus: 16.93mg (1.69%), Vitamin B3: 0.27mg (1.36%), Calcium: 12.69mg (1.27%), Folate: 4.77µg (1.19%), Zinc: 0.18mg (1.18%)