



Watermelon Cooler

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



148 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup juice of lime fresh (6 limes)
- 1 Dash salt
- 0.5 cup sugar
- 0.5 cup water
- 3.3 pounds watermelon seedless chopped

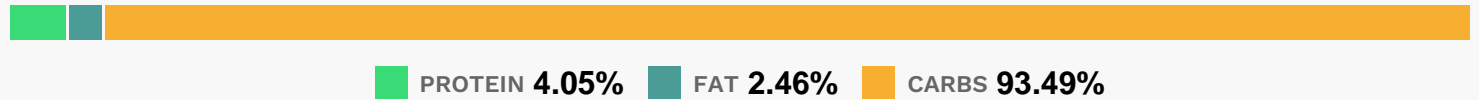
Equipment

- sieve
- blender

Directions

- Place half of watermelon in a blender; process until smooth. Strain watermelon through a sieve into a pitcher; discard solids. Repeat procedure with the remaining watermelon. Stir in lime juice, sugar, 1/2 cup water, and dash of salt.
- Serve over ice.

Nutrition Facts



Properties

Glycemic Index:24.13, Glycemic Load:24.75, Inflammation Score:-8, Nutrition Score:6.1147826689741%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg, Luteolin: 1.13mg Kaempferol: 1.11mg, Kaempferol: 1.11mg, Kaempferol: 1.11mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 147.96kcal (7.4%), Fat: 0.45g (0.69%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 38.55g (12.85%), Net Carbohydrates: 37.4g (13.6%), Sugar: 32.55g (36.16%), Cholesterol: 0mg (0%), Sodium: 10.88mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.34%), Vitamin C: 32mg (38.79%), Vitamin A: 1418.18IU (28.36%), Potassium: 322.7mg (9.22%), Magnesium: 27.99mg (7%), Vitamin B6: 0.13mg (6.29%), Vitamin B1: 0.09mg (6.08%), Vitamin B5: 0.59mg (5.93%), Copper: 0.12mg (5.92%), Manganese: 0.1mg (5.07%), Fiber: 1.14g (4.58%), Vitamin B2: 0.06mg (3.58%), Iron: 0.63mg (3.52%), Phosphorus: 32.67mg (3.27%), Folate: 11.4µg (2.85%), Vitamin B3: 0.49mg (2.47%), Calcium: 23.61mg (2.36%), Zinc: 0.28mg (1.88%), Selenium: 1.12µg (1.6%), Vitamin E: 0.21mg (1.41%)