



Watermelon Cooler



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



362 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup cream of coconut
- ☐ 0.5 cup pineapple juice
- ☐ 10 oz strawberries in syrup frozen thawed
- ☐ 0.5 cup vodka
- ☐ 1 cup watermelon cubes

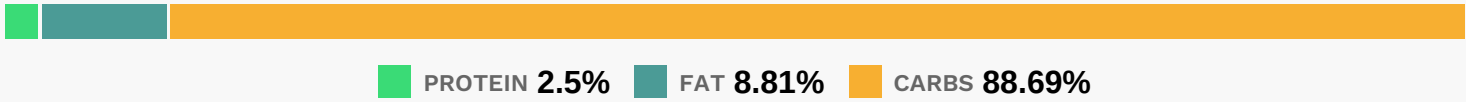
Equipment

- ☐ blender

Directions

- ☐ Puree strawberries in a blender until smooth. Divide strawberry puree evenly among 4 tall glasses.
- ☐ Place ice in blender; add watermelon and next 3 ingredients. Process until smooth.
- ☐ Pour watermelon mixture evenly over strawberry puree in glasses.
- ☐ "Warm" Ice: Slightly melted ice blends a better drink, Ernie says. He suggests letting the ice sit out at room temperature for about 30 minutes before using. "It should be wet to the touch without sticking to your fingers," he explains.

Nutrition Facts



Properties

Glycemic Index:33.92, Glycemic Load:3.75, Inflammation Score:-2, Nutrition Score:2.0039130141554%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg

Nutrients (% of daily need)

Calories: 362.13kcal (18.11%), Fat: 3.18g (4.89%), Saturated Fat: 2.78g (17.4%), Carbohydrates: 71.93g (23.98%), Net Carbohydrates: 71.1g (25.85%), Sugar: 59.82g (66.46%), Cholesterol: 0mg (0%), Sodium: 60.84mg (2.65%), Alcohol: 10.02g (100%), Alcohol %: 6.8% (100%), Protein: 2.02g (4.05%), Manganese: 0.16mg (8.16%), Vitamin C: 6.03mg (7.31%), Calcium: 53.75mg (5.37%), Vitamin A: 217.7IU (4.35%), Fiber: 0.83g (3.31%), Vitamin B6: 0.05mg (2.33%), Potassium: 81.21mg (2.32%), Vitamin B1: 0.03mg (2.08%), Copper: 0.04mg (1.97%), Magnesium: 7.34mg (1.84%), Folate: 6.45µg (1.61%), Iron: 0.19mg (1.03%)