

Watermelon Cooler Slushy

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



5

CALORIES



79 kcal

DESSERT

Ingredients

- 10 ice cubes
- 0.3 cup juice of lime fresh
- 0.1 teaspoon salt
- 4 cups watermelon seedless cubed
- 0.3 cup sugar white

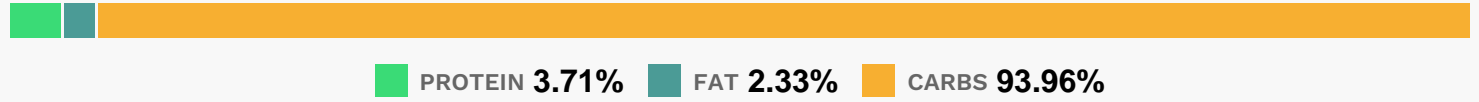
Equipment

- blender

Directions

- Place watermelon and ice into a blender.
- Pour in lime juice, sugar, and salt. Blend until smooth.

Nutrition Facts



Properties

Glycemic Index:28.95, Glycemic Load:13.47, Inflammation Score:-5, Nutrition Score:2.9378260769274%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg, Luteolin: 0.56mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 79.01kcal (3.95%), Fat: 0.23g (0.35%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 20.5g (6.83%), Net Carbohydrates: 19.95g (7.25%), Sugar: 17.79g (19.77%), Cholesterol: 0mg (0%), Sodium: 61.18mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.81g (1.62%), Vitamin C: 14.69mg (17.81%), Vitamin A: 699.97IU (14%), Potassium: 155.28mg (4.44%), Magnesium: 13.73mg (3.43%), Vitamin B6: 0.06mg (3.04%), Copper: 0.06mg (3.03%), Vitamin B1: 0.04mg (2.94%), Vitamin B5: 0.29mg (2.89%), Manganese: 0.05mg (2.48%), Fiber: 0.55g (2.2%), Vitamin B2: 0.03mg (1.76%), Iron: 0.31mg (1.73%), Phosphorus: 15.63mg (1.56%), Folate: 5.26µg (1.32%), Vitamin B3: 0.24mg (1.2%), Calcium: 11.75mg (1.17%)