



Watermelon Coolers



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



77 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups ginger ale chilled
- ☐ 6 ounces limeade concentrate frozen
- ☐ 0.3 cup water
- ☐ 8 cups watermelon seeded

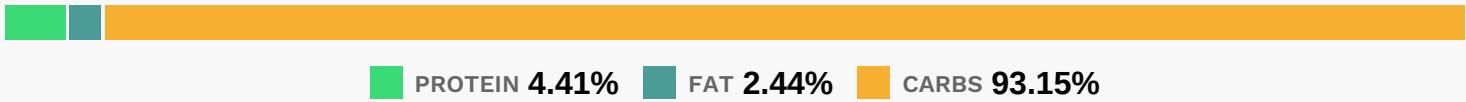
Equipment

- ☐ baking sheet
- ☐ blender

Directions

- ☐
- Arrange watermelon cubes on a baking sheet. Freeze 30 minutes, or until solidly frozen.
Working in batches, blend frozen watermelon, chilled ginger ale, 1/4 cup water and frozen limeade concentrate in a blender until smooth.
- ☐
- Serve in chilled glasses.

Nutrition Facts



Properties

Glycemic Index:17.21, Glycemic Load:11.37, Inflammation Score:-6, Nutrition Score:3.2543478174054%

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: 76.72kcal (3.84%), Fat: 0.23g (0.35%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 19.58g (6.53%), Net Carbohydrates: 18.97g (6.9%), Sugar: 17.5g (19.44%), Cholesterol: 0mg (0%), Sodium: 6.66mg (0.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.93g (1.85%), Vitamin A: 864.88IU (17.3%), Vitamin C: 12.97mg (15.72%), Potassium: 172.96mg (4.94%), Magnesium: 16.29mg (4.07%), Copper: 0.08mg (3.95%), Vitamin B6: 0.07mg (3.46%), Vitamin B5: 0.34mg (3.38%), Vitamin B1: 0.05mg (3.37%), Manganese: 0.07mg (3.28%), Iron: 0.47mg (2.62%), Fiber: 0.61g (2.43%), Vitamin B2: 0.03mg (1.92%), Phosphorus: 16.93mg (1.69%), Vitamin B3: 0.27mg (1.36%), Calcium: 13.06mg (1.31%), Zinc: 0.18mg (1.23%), Folate: 4.77µg (1.19%)