



Watermelon Daiquiri



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



10 min.

SERVINGS



2

CALORIES



1523 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 tablespoons rum light
- ☐ 0.3 cup juice of lime
- ☐ 1 pinch lime zest
- ☐ 2 teaspoons sugar
- ☐ 2 cups watermelon chopped
- ☐ 2 small watermelon

Equipment

- ☐ food processor

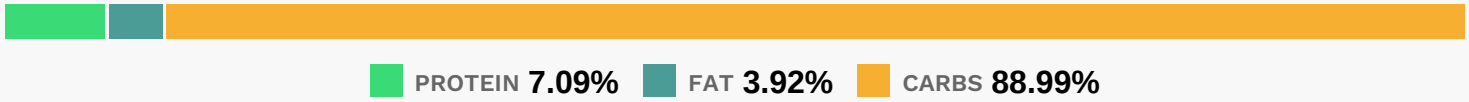
☐

bowl

Directions

- ☐ Pure watermelon in a food processor, then strain into a small bowl.
- ☐ Pour into a large ice-filled cocktail shaker and add rum, sugar, lime juice, and zest. Cover, shake, and strain into 2 small tumblers.
- ☐ Garnish with watermelon slices.

Nutrition Facts



Properties

Glycemic Index:133.21, Glycemic Load:251.16, Inflammation Score:-10, Nutrition Score:57.542608696481%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 21.4mg, Luteolin: 21.4mg, Luteolin: 21.4mg, Luteolin: 21.4mg Kaempferol: 20.93mg, Kaempferol: 20.93mg, Kaempferol: 20.93mg, Kaempferol: 20.93mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 1522.66kcal (76.13%), Fat: 7.01g (10.79%), Saturated Fat: 0.75g (4.67%), Carbohydrates: 357.81g (119.27%), Net Carbohydrates: 339.07g (123.3%), Sugar: 292.94g (325.48%), Cholesterol: 0mg (0%), Sodium: 47.63mg (2.07%), Alcohol: 15.03g (100%), Alcohol %: 0.4% (100%), Protein: 28.51g (57.02%), Vitamin A: 26485.26IU (529.71%), Vitamin C: 386.03mg (467.92%), Potassium: 5247.12mg (149.92%), Magnesium: 467.65mg (116.91%), Vitamin B6: 2.11mg (105.28%), Vitamin B5: 10.32mg (103.19%), Vitamin B1: 1.55mg (103.04%), Copper: 1.97mg (98.6%), Manganese: 1.78mg (89.08%), Fiber: 18.74g (74.97%), Iron: 11.22mg (62.31%), Vitamin B2: 0.98mg (57.89%), Phosphorus: 517.84mg (51.78%), Vitamin B3: 8.33mg (41.65%), Folate: 142.63µg (35.66%), Calcium: 330.08mg (33.01%), Zinc: 4.7mg (31.3%), Selenium: 18.66µg (26.66%), Vitamin E: 2.39mg (15.96%), Vitamin K: 4.84µg (4.61%)