



Watermelon Daiquiri



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



174 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup rum light
- ☐ 2 teaspoons juice of lime fresh
- ☐ 0.3 cup orange juice
- ☐ 2 tablespoons orange liqueur
- ☐ 4 teaspoons powdered sugar
- ☐ 4 cups watermelon cubed seeded

Equipment

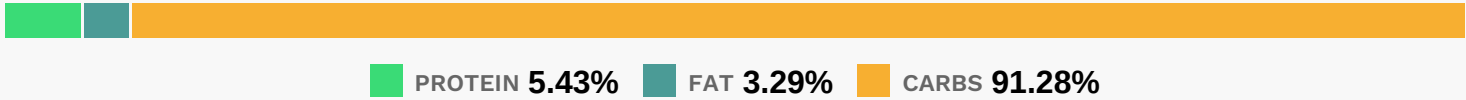
- ☐ food processor

☐ blender

Directions

- ☐ Place watermelon in a zip-top plastic freezer bag. Seal bag; freeze 8 hours.
- ☐ Process watermelon, rum, and remaining ingredients in a blender or food processor until smooth, stopping to scrape down sides.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Cointreau for orange liqueur.

Nutrition Facts



Properties

Glycemic Index:47.22, Glycemic Load:11.92, Inflammation Score:-7, Nutrition Score:5.218260847356%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 2.77mg, Hesperetin: 2.77mg, Hesperetin: 2.77mg, Hesperetin: 2.77mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 173.71kcal (8.69%), Fat: 0.38g (0.58%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 23.61g (7.87%), Net Carbohydrates: 22.75g (8.27%), Sugar: 20.19g (22.43%), Cholesterol: 0mg (0%), Sodium: 3.42mg (0.15%), Alcohol: 11.51g (100%), Alcohol %: 5.48% (100%), Protein: 1.4g (2.81%), Vitamin C: 27.75mg (33.64%), Vitamin A: 1196.17IU (23.92%), Potassium: 275.81mg (7.88%), Vitamin B1: 0.09mg (5.89%), Magnesium: 23.11mg (5.78%), Copper: 0.1mg (5.24%), Vitamin B6: 0.1mg (5.05%), Vitamin B5: 0.49mg (4.91%), Manganese: 0.09mg (4.36%), Fiber: 0.87g (3.46%), Folate: 12.61µg (3.15%), Vitamin B2: 0.05mg (3.06%), Iron: 0.55mg (3.05%), Phosphorus: 27.94mg (2.79%), Vitamin B3: 0.47mg (2.33%), Calcium: 17.05mg (1.71%), Zinc: 0.23mg (1.53%), Selenium: 0.88µg (1.26%)