



Watermelon Daiquiri Slush



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



295 kcal

DESSERT

Ingredients

- ☐ 1 cup rum light
- ☐ 0.3 cup juice of lime fresh
- ☐ 10 ounce nonalcoholic strawberry daiquiri mix frozen thawed canned
- ☐ 0.3 cup sugar
- ☐ 9 cups watermelon cubed seeded

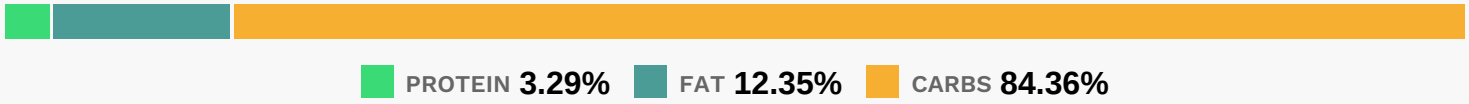
Equipment

- ☐ blender

Directions

- ☐ Freeze half the watermelon. Blend remaining watermelon with remaining ingredients until smooth.
- ☐ Pour half into a pitcher; add frozen melon to blender. Blend; stir into pitcher.

Nutrition Facts



Properties

Glycemic Index:19.97, Glycemic Load:13.49, Inflammation Score:-7, Nutrition Score:4.7995652899794%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 294.89kcal (14.74%), Fat: 3.16g (4.87%), Saturated Fat: 1.26g (7.88%), Carbohydrates: 48.61g (16.2%), Net Carbohydrates: 47.9g (17.42%), Sugar: 34.27g (38.08%), Cholesterol: 0mg (0%), Sodium: 241.21mg (10.49%), Alcohol: 10.02g (100%), Alcohol %: 5.07% (100%), Protein: 1.9g (3.79%), Vitamin A: 976.77IU (19.54%), Vitamin C: 16.12mg (19.54%), Vitamin B1: 0.16mg (10.62%), Calcium: 79mg (7.9%), Potassium: 201.09mg (5.75%), Iron: 1.02mg (5.69%), Vitamin B2: 0.1mg (5.65%), Vitamin B3: 0.98mg (4.89%), Magnesium: 17.7mg (4.43%), Copper: 0.08mg (4.03%), Vitamin B6: 0.08mg (4.01%), Vitamin B5: 0.39mg (3.87%), Manganese: 0.07mg (3.6%), Fiber: 0.71g (2.86%), Folate: 10.83µg (2.71%), Phosphorus: 21.07mg (2.11%), Zinc: 0.19mg (1.26%), Selenium: 0.73µg (1.04%)