

Watermelon Fizz



Vegetarian



Vegan

READY IN



2 min.

SERVINGS



2

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 ounces club soda
- ☐ 10 ice cubes
- ☐ 2 tablespoons limeade concentrate frozen
- ☐ 1 tablespoon sugar
- ☐ 2 shots melon vodka
- ☐ 2 cups watermelon chunks seedless

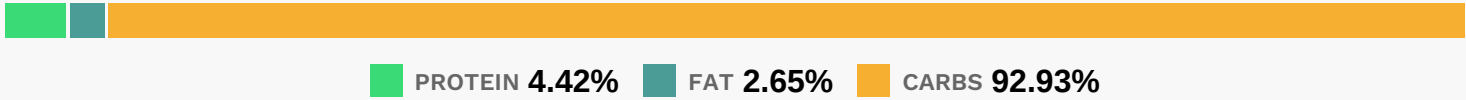
Equipment

- ☐ blender

Directions

- ☐ Combine all ingredients in a blender. Blend for 40 seconds.
- ☐ Pour into glasses.

Nutrition Facts



Properties

Glycemic Index:79.88, Glycemic Load:12.3, Inflammation Score:-6, Nutrition Score:3.294782558861%

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: 178.86kcal (8.94%), Fat: 0.25g (0.38%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 19.49g (6.5%), Net Carbohydrates: 18.88g (6.87%), Sugar: 17.37g (19.3%), Cholesterol: 0mg (0%), Sodium: 23.83mg (1.04%), Alcohol: 14.82g (100%), Alcohol %: 5.05% (100%), Protein: 0.93g (1.85%), Vitamin A: 864.88IU (17.3%), Vitamin C: 12.77mg (15.48%), Potassium: 173.98mg (4.97%), Copper: 0.09mg (4.37%), Magnesium: 17.05mg (4.26%), Vitamin B1: 0.05mg (3.51%), Vitamin B6: 0.07mg (3.45%), Vitamin B5: 0.34mg (3.38%), Manganese: 0.06mg (2.95%), Fiber: 0.61g (2.43%), Vitamin B2: 0.04mg (2.15%), Iron: 0.38mg (2.12%), Phosphorus: 19.09mg (1.91%), Calcium: 17.35mg (1.73%), Zinc: 0.25mg (1.64%), Vitamin B3: 0.27mg (1.36%), Folate: 4.71µg (1.18%)