



Watermelon-Ginger Agua Fresca



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



85 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 tablespoons ginger fresh (from one 3-ounce piece of ginger)
- ☐ 8 servings ice cubes
- ☐ 0.3 cup juice of lime fresh
- ☐ 8 servings lime wedges
- ☐ 0.3 cup sugar ()
- ☐ 3 cups water cold divided
- ☐ 10 cups watermelon divided peeled seeded (from 8-pound watermelon)

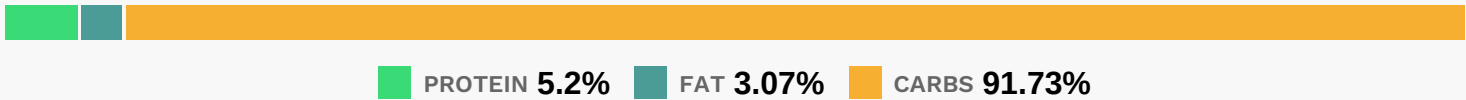
Equipment

☐ blender

Directions

- ☐ Place 2 1/2 cups watermelon and 3/4 cup cold water in blender. Puree until smooth.
- ☐ Pour agua fresca into large pitcher. Repeat 3 more times with remaining watermelon and cold water.
- ☐ Add lime juice, 1/4 cup sugar, and ginger juice to pitcher and stir to blend.
- ☐ Add more sugar by tablespoonfuls, if desired. Refrigerate until well chilled, at least 3 hours. DO AHEAD Can be made 8 hours ahead. Keep chilled. Stir before serving.
- ☐ Fill glasses with ice cubes; pour agua fresca over.
- ☐ Garnish each glass with lime wedge and serve.

Nutrition Facts



Properties

Glycemic Index:23.97, Glycemic Load:14.56, Inflammation Score:-7, Nutrition Score:4.3226086600967%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg, Hesperetin: 1.33mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg, Luteolin: 0.87mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 84.93kcal (4.25%), Fat: 0.32g (0.5%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 21.76g (7.25%), Net Carbohydrates: 20.9g (7.6%), Sugar: 18.23g (20.25%), Cholesterol: 0mg (0%), Sodium: 9.59mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.23g (2.46%), Vitamin C: 18.77mg (22.75%), Vitamin A: 1086.64IU (21.73%), Potassium: 231.19mg (6.61%), Copper: 0.11mg (5.49%), Magnesium: 21.88mg (5.47%), Vitamin B6: 0.09mg (4.59%), Vitamin B1: 0.07mg (4.39%), Vitamin B5: 0.44mg (4.37%), Manganese: 0.08mg (3.87%), Fiber: 0.85g (3.42%), Iron: 0.48mg (2.68%), Vitamin B2: 0.04mg (2.54%), Phosphorus: 22.94mg (2.29%), Calcium: 19.66mg (1.97%), Vitamin B3: 0.36mg (1.82%), Folate: 6.93µg (1.73%), Zinc: 0.22mg (1.46%), Selenium: 0.82µg (1.17%)