

Watermelon Ice

 Gluten Free  Dairy Free

READY IN



200 min.

SERVINGS



4

CALORIES



83 kcal

SIDE DISH

Ingredients

- 1 teaspoon gelatin powder unflavored
- 2 tablespoons honey
- 2 tablespoons juice of lime
- 2 tablespoons water
- 4 cups seeded/seedless watermelon seedless cubed

Equipment

- bowl
- blender

- hand mixer
- microwave

Directions

- Pour water into a small, microwave-safe bowl.
- Sprinkle gelatin over the water and allow to soften for 2 minutes. Microwave on High for 40 seconds, then stir.
- Let stand again for 2 more minutes, and stir until smooth.
- Place one cup of the cubed watermelon into the bowl of a blender along with the lime juice and honey.
- Pour in the melted gelatin, and process until smooth.
- Add the watermelon a cup at a time, processing until smooth after each addition.
- Pour the mixture into an 8x8 inch square dish.
- Place into the freezer and freeze until almost firm.
- Transfer into a chilled bowl, then beat with an electric mixer until the mixture is fluffy, and bright pink. Scoop into serving dishes, then return to the freezer and freeze until firm.
- Remove from the freezer 15–20 minutes before serving.

Nutrition Facts



PROTEIN 7.98% **FAT 2.28%** **CARBS 89.74%**

Properties

Glycemic Index:31.73, Glycemic Load:12.63, Inflammation Score:-6, Nutrition Score:3.4878260856089%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 82.75kcal (4.14%), Fat: 0.23g (0.36%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 20.76g (6.92%), Net Carbohydrates: 20.1g (7.31%), Sugar: 18.17g (20.19%), Cholesterol: 0mg (0%), Sodium: 4.43mg (0.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.85g (3.69%), Vitamin C: 14.61mg (17.71%), Vitamin A: 868.63IU (17.37%), Potassium: 184.63mg (5.28%), Copper: 0.09mg (4.62%), Magnesium: 16.31mg (4.08%), Vitamin B6: 0.07mg (3.69%), Vitamin B5: 0.35mg (3.54%), Vitamin B1: 0.05mg (3.49%), Manganese: 0.07mg (3.43%), Fiber: 0.66g (2.64%), Iron: 0.43mg (2.37%), Vitamin B2: 0.04mg (2.31%), Phosphorus: 18.58mg (1.86%), Selenium: 1.09µg (1.56%), Vitamin B3: 0.29mg (1.47%), Folate: 5.82µg (1.46%), Calcium: 13.1mg (1.31%), Zinc: 0.18mg (1.22%)