



Watermelon Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



155 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup club soda
- 0.3 cup mint leaves fresh
- 2 cups ice cubes
- 0.5 cup country time lemonade flavor drink mix divided
- 0.3 cup juice of lime fresh
- 4 cups watermelon chunks (1 inch)

Equipment

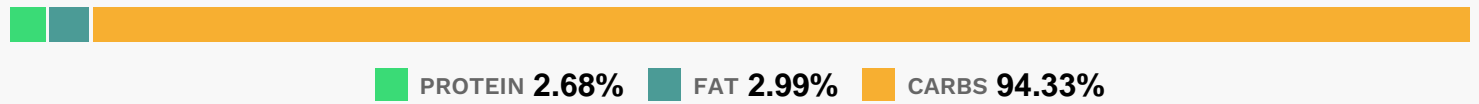
- bowl

- ladle
- blender
- measuring cup

Directions

- Place mint and 1 Tbsp. drink mix in small bowl. Use back of ladle or bottom of dry measuring cup to crush the mint; stir to blend mint and drink mix. Spoon into 4 glasses.
- Blend lime juice, watermelon and remaining drink mix in blender until smooth; stir in club soda.
- Pour over mint mixture in glasses.
- Add ice.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:8.11, Inflammation Score:-8, Nutrition Score:5.8178261097359%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 1.74mg, Hesperetin: 1.74mg, Hesperetin: 1.74mg, Hesperetin: 1.74mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 155.01kcal (7.75%), Fat: 0.56g (0.86%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 39.8g (13.27%), Net Carbohydrates: 38.73g (14.08%), Sugar: 35.49g (39.43%), Cholesterol: 0mg (0%), Sodium: 35.22mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.13g (2.26%), Vitamin C: 28.91mg (35.05%), Magnesium: 88.49mg (22.12%), Vitamin A: 1034.2IU (20.68%), Potassium: 250.51mg (7.16%), Copper: 0.12mg (5.75%), Manganese: 0.11mg (5.48%), Fiber: 1.08g (4.31%), Vitamin B6: 0.09mg (4.3%), Vitamin B1: 0.06mg (4.07%), Vitamin B5: 0.38mg (3.84%), Iron: 0.63mg (3.48%), Calcium: 33.83mg (3.38%), Folate: 11.98µg (3%), Vitamin B2: 0.04mg (2.6%), Phosphorus: 22.67mg (2.27%), Zinc: 0.3mg (2.03%), Vitamin B3: 0.39mg (1.96%), Selenium: 0.79µg (1.12%)