



## Watermelon Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



99 kcal

BEVERAGE

DRINK

### Ingredients

- 6 cups ice cubes
- 0.5 cup juice of lemon fresh
- 3 cups water cold
- 4 cups watermelon cubed
- 0.5 cup sugar white

### Equipment

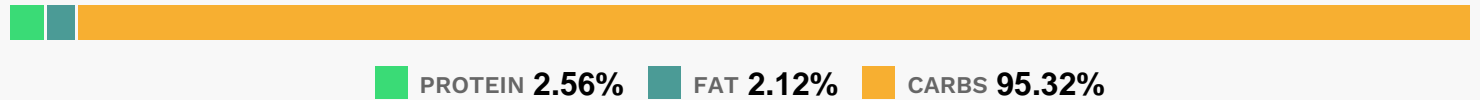
- sauce pan
- sieve

blender

## Directions

- Place the watermelon into a blender. Cover, and puree until smooth. Strain through a fine mesh sieve.
- Bring sugar and 1/2 cup water to a boil in a saucepan over medium-high heat until sugar dissolves, about 5 minutes.
- Remove from heat. Stir in 3 cups of cold water and the lemon juice. Divide the ice into 12 glasses, and scoop 2 to 3 tablespoons of watermelon puree over the ice, then top with the lemonade. Gently stir before serving.

## Nutrition Facts



## Properties

Glycemic Index:24.13, Glycemic Load:17.04, Inflammation Score:-5, Nutrition Score:2.9143478264627%

## Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 99.04kcal (4.95%), Fat: 0.25g (0.39%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 25.65g (8.55%), Net Carbohydrates: 25.19g (9.16%), Sugar: 23.43g (26.03%), Cholesterol: 0mg (0%), Sodium: 19.13mg (0.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.69g (1.38%), Vitamin C: 16.08mg (19.49%), Vitamin A: 577.81IU (11.56%), Copper: 0.1mg (5.19%), Potassium: 134.77mg (3.85%), Magnesium: 14.9mg (3.73%), Vitamin B6: 0.05mg (2.75%), Vitamin B1: 0.04mg (2.55%), Vitamin B5: 0.25mg (2.51%), Manganese: 0.04mg (2.08%), Calcium: 19.13mg (1.91%), Fiber: 0.47g (1.87%), Folate: 7.11µg (1.78%), Vitamin B2: 0.03mg (1.62%), Iron: 0.27mg (1.49%), Phosphorus: 12.77mg (1.28%)