



Watermelon Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



12

CALORIES



102 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 slices optional: lemon
- ☐ 2 medium lime
- ☐ 1 cup sugar
- ☐ 4 cups water cold
- ☐ 3 lb watermelon seeded cut into chunks (without rind)

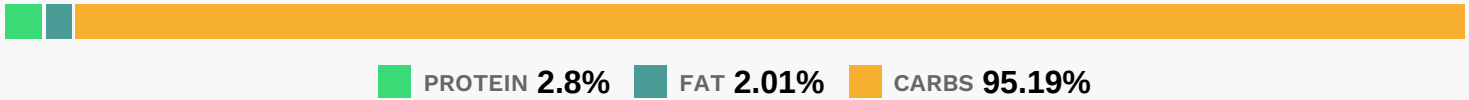
Equipment

- ☐ sieve
- ☐ blender

Directions

- ☐ In blender, place watermelon. Cover; blend on medium speed about 45 seconds or until smooth. Strain through fine mesh strainer into 2-quart or larger pitcher.
- ☐ Squeeze juice from lemons and limes; add to watermelon puree. Stir in cold water and sugar. Refrigerate 1 hour.
- ☐ Stir before serving.
- ☐ Serve over ice.
- ☐ Garnish with watermelon slice.

Nutrition Facts



Properties

Glycemic Index:16.85, Glycemic Load:17.97, Inflammation Score:-5, Nutrition Score:2.7843478496956%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 4.96mg, Hesperetin: 4.96mg, Hesperetin: 4.96mg, Hesperetin: 4.96mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 101.71kcal (5.09%), Fat: 0.25g (0.38%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 26.39g (8.8%), Net Carbohydrates: 25.61g (9.31%), Sugar: 23.87g (26.52%), Cholesterol: 0mg (0%), Sodium: 5.48mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.78g (1.55%), Vitamin C: 12.74mg (15.45%), Vitamin A: 650.95IU (13.02%), Potassium: 139.53mg (3.99%), Copper: 0.07mg (3.44%), Magnesium: 12.85mg (3.21%), Fiber: 0.78g (3.13%), Vitamin B6: 0.06mg (2.81%), Vitamin B5: 0.28mg (2.76%), Vitamin B1: 0.04mg (2.73%), Manganese: 0.04mg (2.24%), Iron: 0.35mg (1.95%), Vitamin B2: 0.03mg (1.73%), Phosphorus: 14.58mg (1.46%), Calcium: 14.31mg (1.43%), Vitamin B3: 0.22mg (1.12%), Folate: 4.36µg (1.09%)