



Watermelon Lemonade Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



135 min.

SERVINGS



11

CALORIES



134 kcal

BEVERAGE

DRINK

Ingredients

- 11 servings blackberries for garnish
- 2 tablespoons granulated sugar
- 11 servings ice cubes
- 1 cup juice of lemon freshly squeezed (from 7 medium lemons)
- 1 cup rum light
- 0.5 cup raspberry liqueur
- 3 pounds seeded/seedless watermelon seedless cut into 1-inch cubes (6 cups)

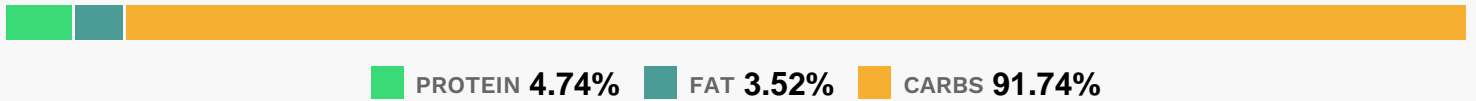
Equipment

- bowl
- sieve
- blender
- spatula

Directions

- Set a fine-mesh strainer over a large bowl and set it aside.
- Place the watermelon in a blender and blend until liquified, about 1 minute.
- Pour through the strainer into the bowl and scrape a rubber spatula against the inside surface of the strainer to push the juice through until only pulp remains. Discard the pulp. (You should have about 3 cups of juice.)
- Transfer the watermelon juice to a nonreactive 2-quart container.
- Add the rum, lemon juice, liqueur, and sugar and stir until the sugar has dissolved. Cover and refrigerate until chilled, about 2 hours. Just before serving, stir to recombine.
- Pour over ice and garnish with a few blackberries.

Nutrition Facts



Properties

Glycemic Index:16.8, Glycemic Load:8.14, Inflammation Score:-6, Nutrition Score:3.3613043116487%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 134.26kcal (6.71%), Fat: 0.28g (0.44%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 16.59g (5.53%), Net Carbohydrates: 15.98g (5.81%), Sugar: 13.91g (15.45%), Cholesterol: 0mg (0%), Sodium: 5.37mg (0.23%), Alcohol: 10.08g (100%), Alcohol %: 5.37% (100%), Protein: 0.86g (1.71%), Vitamin C: 18.81mg (22.81%), Vitamin A: 707.36IU (14.15%), Potassium: 166.72mg (4.76%), Copper: 0.08mg (3.76%), Magnesium: 14.78mg (3.7%), Vitamin B6: 0.07mg (3.32%), Vitamin B1: 0.05mg (3.21%), Manganese: 0.06mg (3.1%), Vitamin B5: 0.31mg (3.05%), Fiber: 0.61g (2.46%), Folate: 8.4µg (2.1%), Vitamin B2: 0.03mg (1.89%), Iron: 0.34mg (1.87%), Phosphorus: 17.12mg (1.71%), Vitamin B3: 0.27mg (1.33%), Calcium: 12.09mg (1.21%), Zinc: 0.16mg (1.05%)