



Watermelon-Lemonade Cooler



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



14

CALORIES



228 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 14 servings ice cubes
- ☐ 24 ounce lemonade concentrate frozen thawed canned
- ☐ 2 mint leaves
- ☐ 14 servings watermelon
- ☐ 15 cups watermelon cubed seeded

Equipment

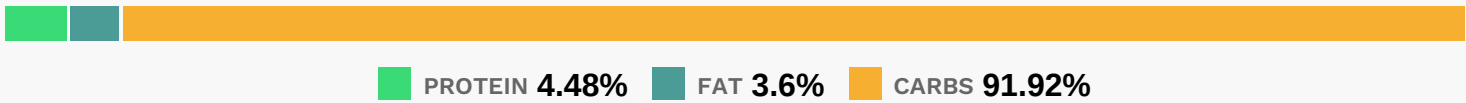
- ☐ food processor
- ☐ sauce pan

☐ blender

Directions

- ☐ Process watermelon, in batches, in a blender or food processor until smooth.
- ☐ Combine concentrate and 2 mint sprigs, and cook in a saucepan over medium-high heat 10 minutes. Stir together watermelon puree and lemonade mixture; cover and chill 8 hours.
- ☐ Remove and discard mint. Stir and serve over ice.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:23.64, Inflammation Score:-9, Nutrition Score:9.741739148679%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.06mg, Luteolin: 2.06mg, Luteolin: 2.06mg, Luteolin: 2.06mg Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg

Nutrients (% of daily need)

Calories: 228.21kcal (11.41%), Fat: 1.01g (1.55%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 57.71g (19.24%), Net Carbohydrates: 55.78g (20.28%), Sugar: 49.08g (54.54%), Cholesterol: 0mg (0%), Sodium: 10.67mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.81g (5.63%), Vitamin C: 42.28mg (51.25%), Vitamin A: 2525.93IU (50.52%), Potassium: 531.8mg (15.19%), Magnesium: 48.36mg (12.09%), Vitamin B6: 0.21mg (10.46%), Vitamin B1: 0.16mg (10.4%), Vitamin B5: 1.04mg (10.35%), Copper: 0.2mg (10.09%), Manganese: 0.18mg (8.81%), Fiber: 1.93g (7.71%), Iron: 1.11mg (6.19%), Vitamin B2: 0.09mg (5.49%), Phosphorus: 52.22mg (5.22%), Vitamin B3: 0.84mg (4.22%), Folate: 16.85µg (4.21%), Calcium: 36.43mg (3.64%), Zinc: 0.47mg (3.13%), Selenium: 1.97µg (2.81%), Vitamin E: 0.27mg (1.77%)