



Watermelon Lemonade with Kiwi Splash



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



12

CALORIES



163 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 kiwi fruit peeled cut into fourths
- ☐ 24 ounces lemonade concentrate frozen canned
- ☐ 1 tablespoon sugar
- ☐ 4 cups water
- ☐ 8 cups seeded/seedless watermelon seedless cubed

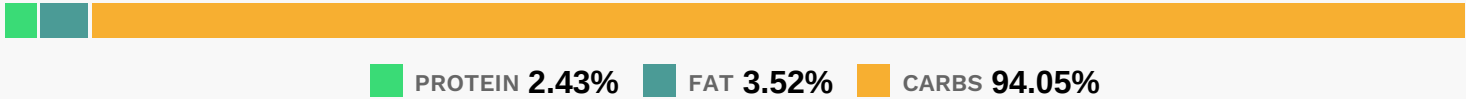
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Place kiwifruit and sugar in blender. Cover and blend on medium speed just until smooth. Freeze 1 to 2 hours or until firm.
- ☐ Place watermelon in blender or food processor (blender will be full until blended). Cover and blend on medium speed until smooth.
- ☐ Place frozen lemonade concentrate and water in large pitcher.
- ☐ Add watermelon mixture; mix well.
- ☐ Pour watermelon lemonade into glasses. Spoon dollop of frozen kiwifruit on top.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:16.45, Glycemic Load:7.87, Inflammation Score:-5, Nutrition Score:5.5082608254059%

Flavonoids

Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 162.97kcal (8.15%), Fat: 0.69g (1.05%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 41.19g (13.73%), Net Carbohydrates: 39.7g (14.44%), Sugar: 35.24g (39.15%), Cholesterol: 0mg (0%), Sodium: 10.45mg (0.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.13%), Vitamin C: 38.29mg (46.42%), Vitamin A: 602.98IU (12.06%), Vitamin K: 12.44µg (11.85%), Potassium: 214.4mg (6.13%), Fiber: 1.49g (5.94%), Copper: 0.1mg (5.16%), Magnesium: 19.74mg (4.94%), Manganese: 0.08mg (3.78%), Vitamin B6: 0.08mg (3.77%), Folate: 14.9µg (3.72%), Vitamin B1: 0.05mg (3.53%), Vitamin B5: 0.34mg (3.45%), Vitamin E: 0.5mg (3.31%), Phosphorus: 25.43mg (2.54%), Calcium: 24.05mg (2.41%), Iron: 0.37mg (2.04%), Vitamin B3: 0.35mg (1.77%), Vitamin B2: 0.03mg (1.71%), Zinc: 0.17mg (1.16%)