



Watermelon, Mint and Lime Dessert Shooters

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



8

CALORIES



38 kcal

SIDE DISH

Ingredients

- 2 tablespoons sugar organic
- 2 tablespoons water
- 1 tablespoon mint leaves fresh finely chopped
- 1.5 lb seeded/seedless watermelon seedless cut into chunks
- 0.5 tablespoon juice of lime fresh
- 0.5 teaspoon lime zest grated

Equipment

- frying pan

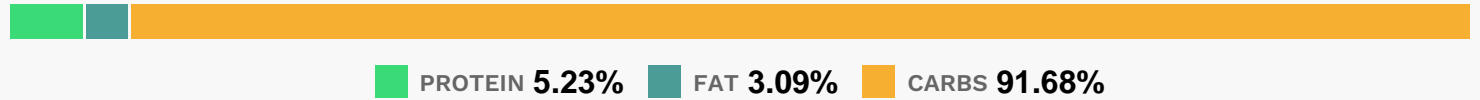
sauce pan

blender

Directions

- In 1-quart saucepan, heat sugar, water and mint over medium heat 3 to 4 minutes, stirring constantly, until sugar dissolves.
- Remove from heat.
- In blender, place watermelon, lime juice and lime peel. Cover; blend until smooth.
- Add sugar mixture; blend again.
- Pour mixture into 8-inch square pan. Freeze 1 to 2 hours, scraping with fork every 30 minutes, until all liquid has frozen.
- Spoon evenly into 8 shot glasses.
- Serve.

Nutrition Facts



Properties

Glycemic Index:22.09, Glycemic Load:6.64, Inflammation Score:-4, Nutrition Score:1.8765217286089%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 37.77kcal (1.89%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 9.59g (3.2%), Net Carbohydrates: 9.2g (3.34%), Sugar: 8.28g (9.21%), Cholesterol: 0mg (0%), Sodium: 1.28mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.09%), Vitamin A: 511.01IU (10.22%), Vitamin C: 7.41mg (8.98%), Potassium: 100.1mg (2.86%), Magnesium: 9.12mg (2.28%), Manganese: 0.04mg (2%), Vitamin B6: 0.04mg (1.97%), Copper: 0.04mg (1.95%), Vitamin B1: 0.03mg (1.92%), Vitamin B5: 0.19mg (1.91%), Fiber: 0.4g (1.59%), Iron: 0.24mg (1.33%), Vitamin B2: 0.02mg (1.19%)