



Watermelon-Mint Ice Cubes



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



255 min.

SERVINGS



24

CALORIES



20 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



24 servings mint leaves fresh



4 tablespoons sugar ()



6 cups cubes watermelon seeded ()

Equipment

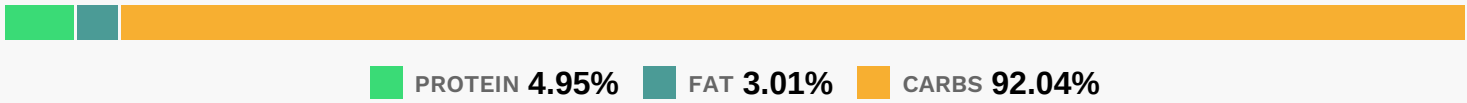
Directions



Puree watermelon in processor (there should be about 4 cups).

- ☐
- Mix in sugar by tablespoonfuls to sweeten to taste.
- ☐
- Pour into 2 to 3 ice cube trays. Rinse mint leaves and place 1 leaf atop puree in each cube. Cover and freeze until cubes are solid, at least 4 hours and up to 2 days.

Nutrition Facts



Properties

Glycemic Index:6.03, Glycemic Load:3.42, Inflammation Score:-2, Nutrition Score:0.95086956121351%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg

Nutrients (% of daily need)

Calories: 19.8kcal (0.99%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 5.01g (1.67%), Net Carbohydrates: 4.78g (1.74%), Sugar: 4.35g (4.84%), Cholesterol: 0mg (0%), Sodium: 0.71mg (0.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.27g (0.54%), Vitamin A: 258.7IU (5.17%), Vitamin C: 3.4mg (4.12%), Potassium: 48.29mg (1.38%), Manganese: 0.03mg (1.31%), Magnesium: 4.6mg (1.15%)