



# Watermelon Mint Lemonade

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



535 kcal

BEVERAGE

DRINK

## Ingredients

- 1 quart ice cubes
- 1 cup pepperoncini pepper juice fresh
- 1 small bunch mint leaves
- 1 pinch salt
- 0.5 cup sugar
- 2 servings water cold as needed
- 2 quarts seeded/seedless watermelon seedless

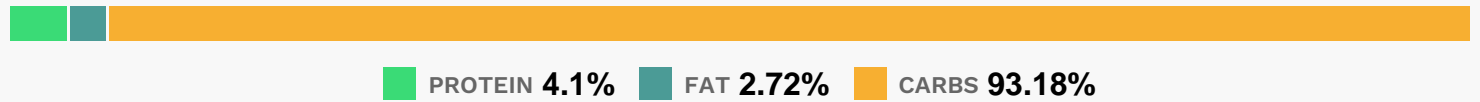
## Equipment

- sieve
- blender
- wooden spoon
- measuring cup

## Directions

- Place watermelon, lemon juice, sugar, and salt in a blender and blend on high speed until smooth, about 1 minute. Strain through a fine mesh strainer into 1-quart liquid measuring cup.
- Add cold water to equal 1 quart.
- Place mint in the botton of a pitcher and muddle lightly with a wooden spoon.
- Add watermelon mixture and stir to combine.
- Add ice.
- Serve immediately in ice-filled glasses garnished with mint sprigs.

## Nutrition Facts



## Properties

Glycemic Index:92.75, Glycemic Load:91.04, Inflammation Score:-10, Nutrition Score:20.630869684012%

## Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 4.61mg, Luteolin: 4.61mg, Luteolin: 4.61mg, Luteolin: 4.61mg Kaempferol: 4.26mg, Kaempferol: 4.26mg, Kaempferol: 4.26mg, Kaempferol: 4.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

## Nutrients (% of daily need)

Calories: 534.85kcal (26.74%), Fat: 1.76g (2.71%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 135.56g (45.19%), Net Carbohydrates: 131.37g (47.77%), Sugar: 120.5g (133.89%), Cholesterol: 0mg (0%), Sodium: 70.41mg (3.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.97g (11.94%), Vitamin A: 5470.95IU (109.42%), Vitamin C: 78.41mg (95.04%), Potassium: 1197.54mg (34.22%), Magnesium: 109.53mg (27.38%), Copper: 0.54mg (26.8%),

Manganese: 0.48mg (23.85%), Vitamin B1: 0.34mg (22.67%), Vitamin B6: 0.45mg (22.54%), Vitamin B5: 2.16mg (21.59%), Fiber: 4.19g (16.77%), Iron: 2.55mg (14.15%), Vitamin B2: 0.23mg (13.8%), Phosphorus: 114.24mg (11.42%), Calcium: 102.83mg (10.28%), Vitamin B3: 1.81mg (9.05%), Folate: 30.67µg (7.67%), Zinc: 1.07mg (7.13%), Selenium: 4.21µg (6.01%), Vitamin E: 0.49mg (3.24%)