

Watermelon Popsicles with Mint, Basil & Lime

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



26 kcal

SIDE DISH

Ingredients

- 2 tbsp basil coarsely chopped
- 2 tbsp basil coarsely chopped
- 2 juice of lime
- 2 tbsp mint leaves coarsely chopped
- 1 tablespoon salt
- 4 cups watermelon cubed

Equipment

- blender

popsicle molds

ice cube tray

Directions

Combine basil, lime juice, mint leaves, salt, and cubed watermelon in a blender. Blend at highest speed until liquefied.

Pour into popsicle molds or ice cube tray and freeze for a minimum of 4 hours.

Serve.

Nutrition Facts



PROTEIN 8.19% **FAT 4.33%** **CARBS 87.48%**

Properties

Glycemic Index:26.83, Glycemic Load:4.08, Inflammation Score:-4, Nutrition Score:2.8169565217391%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg, Hesperetin: 0.71mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Taste

Sweetness: 100%, Saltiness: 46.43%, Sourness: 0%, Bitterness: 0%, Savoriness: 0%, Fattiness: 2.95%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 25.68kcal (1.28%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.09%), Carbohydrates: 6.51g (2.17%), Net Carbohydrates: 6.1g (2.22%), Sugar: 4.85g (5.39%), Cholesterol: 0mg (0%), Sodium: 873.22mg (37.97%), Protein: 0.61g (1.22%), Vitamin K: 13.19µg (12.57%), Vitamin A: 619.34IU (12.39%), Vitamin C: 9.1mg (11.03%), Manganese: 0.07mg (3.67%), Potassium: 105.64mg (3.02%), Magnesium: 10.56mg (2.64%), Copper: 0.05mg (2.4%), Vitamin B6: 0.04mg (2.12%), Vitamin B1: 0.03mg (1.89%), Vitamin B5: 0.19mg (1.85%), Iron: 0.32mg (1.76%), Fiber: 0.42g (1.67%), Folate: 5.63µg (1.41%), Calcium: 13.46mg (1.35%), Vitamin B2: 0.02mg (1.21%), Phosphorus: 11.47mg (1.15%)