

Watermelon Punch

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

15 min.

SERVINGS

servings

7

CALORIES

calories

225 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 7 servings ice cubes crushed
- ☐ 12 ounce lemonade concentrate frozen thawed canned
- ☐ 2 cups pineapple juice unsweetened
- ☐ 0.5 cup sugar
- ☐ 1 cup water
- ☐ 6 cups watermelon cubed seeded

Equipment

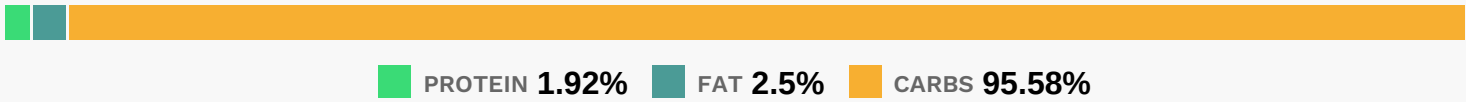
- ☐ sauce pan

- ☐ sieve
- ☐ blender

Directions

- ☐ Combine watermelon and Simple Syrup in container of an electric blender; process until smooth. Push mixture through a fine-mesh strainer, discarding solids.
- ☐ Return watermelon syrup to blender.
- ☐ Add lemonade concentrate and pineapple juice and blend well.
- ☐ Serve over crushed ice.
- ☐ In a small saucepan, combine water and sugar; cook over low heat until sugar dissolves. Bring to a boil; reduce heat and simmer 1 minute.
- ☐ Remove from heat; cool.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:20.86, Inflammation Score:-6, Nutrition Score:5.4013043266276%

Flavonoids

Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg, Kaempferol: 0.59mg

Nutrients (% of daily need)

Calories: 225.08kcal (11.25%), Fat: 0.66g (1.02%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 56.99g (19%), Net Carbohydrates: 56.19g (20.43%), Sugar: 50.69g (56.32%), Cholesterol: 0mg (0%), Sodium: 7.94mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.14g (2.29%), Vitamin C: 23.66mg (28.68%), Manganese: 0.4mg (19.81%), Vitamin A: 744.7IU (14.89%), Potassium: 268.85mg (7.68%), Vitamin B6: 0.14mg (6.79%), Magnesium: 24.87mg (6.22%), Vitamin B1: 0.09mg (6.12%), Copper: 0.11mg (5.71%), Folate: 19.45µg (4.86%), Vitamin B5: 0.38mg (3.82%), Fiber: 0.8g (3.21%), Iron: 0.57mg (3.18%), Vitamin B2: 0.04mg (2.6%), Phosphorus: 23.13mg (2.31%), Calcium: 22.47mg (2.25%), Vitamin B3: 0.42mg (2.1%), Zinc: 0.23mg (1.53%), Selenium: 0.87µg (1.24%)