



Watermelon Rum Slush



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



129 kcal

DESSERT

Ingredients



0.5 cup fruit cocktail in juice



0.3 cup juice of lemon



8 servings sugar



3.5 lb seeded/seedless watermelon seedless



0.8 cup grape juice white

Equipment



frying pan



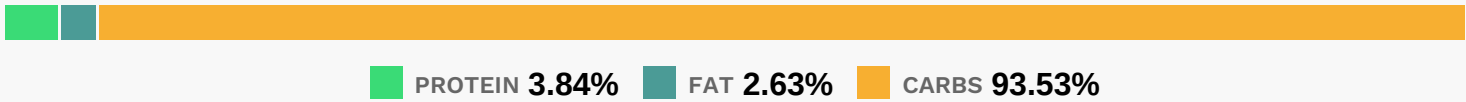
blender

☐ plastic wrap

Directions

- ☐ Cut rind off watermelon and discard.
- ☐ Cut fruit into 1/2-inch chunks.
- ☐ Line a 10- by 15-inch pan with plastic wrap. Arrange fruit on wrap in a single layer. Freeze until firm, 1 to 2 hours; if making ahead, transfer frozen chunks to a freezer bag.
- ☐ In a blender, combine half the pineapple juice, rum, and lemon juice. Whirl, gradually dropping in half the frozen watermelon chunks, until smoothly pured. Sweeten to taste with sugar and pour into a pitcher or directly into glasses. Repeat to make a second batch.

Nutrition Facts



Properties

Glycemic Index:23.19, Glycemic Load:19.67, Inflammation Score:-7, Nutrition Score:4.7743478404439%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg, Petunidin: 0.24mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Malvidin: 2.65mg, Malvidin: 2.65mg, Malvidin: 2.65mg, Malvidin: 2.65mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg, Kaempferol: 0.9mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 129.33kcal (6.47%), Fat: 0.41g (0.63%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 32.89g (10.96%), Net Carbohydrates: 31.99g (11.63%), Sugar: 29.4g (32.66%), Cholesterol: 0mg (0%), Sodium: 4.01mg (0.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.35g (2.7%), Vitamin C: 20.17mg (24.45%), Vitamin A: 1131.82IU (22.64%), Potassium: 273.29mg (7.81%), Manganese: 0.15mg (7.26%), Magnesium: 23.6mg (5.9%), Vitamin B6: 0.1mg (5.22%), Vitamin B1: 0.08mg (5.01%), Vitamin B5: 0.47mg (4.71%), Copper: 0.09mg (4.6%), Fiber: 0.9g (3.61%), Iron: 0.57mg (3.16%), Vitamin B2: 0.05mg (3.04%), Phosphorus: 27.05mg (2.7%), Vitamin B3: 0.41mg (2.03%), Folate: 7.99µg (2%), Calcium: 18.47mg (1.85%), Zinc: 0.22mg (1.5%), Selenium: 0.89µg (1.27%)