

Watermelon Slush

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



96 kcal

DESSERT

Ingredients

- 2 cups lemon lime soda chilled
- 0.3 cup juice of lime
- 0.3 cup sugar
- 8 cups seeded/seedless watermelon seedless cubed

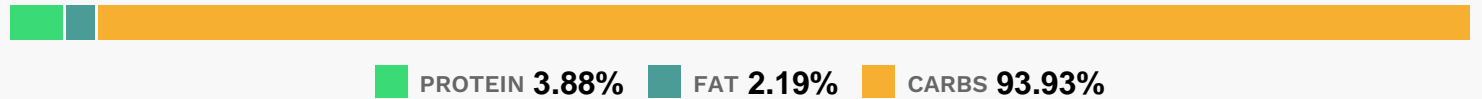
Equipment

- bowl
- blender

Directions

- In a blender, cover and process the lime juice, watermelon, and sugar in batches until smooth.
- Pour into a freezer-proof container. Cover and freeze for 30 minutes or until edges begin to freeze.
- Stir and return to freezer. Repeat every 20 minutes or until slushy, about 90 minutes. Spoon 3/4 cup into bowls or glasses; add 1/4 cup soda.

Nutrition Facts



Properties

Glycemic Index:18.09, Glycemic Load:12.48, Inflammation Score:-6, Nutrition Score:3.3239130766495%

Flavonoids

Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 95.74kcal (4.79%), Fat: 0.25g (0.39%), Saturated Fat: 0.02g (0.16%), Carbohydrates: 24.49g (8.16%), Net Carbohydrates: 23.85g (8.67%), Sugar: 21.8g (24.22%), Cholesterol: 0mg (0%), Sodium: 7.63mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 8.85mg (2.95%), Protein: 1.01g (2.02%), Vitamin C: 14.58mg (17.67%), Vitamin A: 868.66IU (17.37%), Potassium: 179.8mg (5.14%), Magnesium: 16.4mg (4.1%), Vitamin B6: 0.07mg (3.56%), Vitamin B1: 0.05mg (3.47%), Vitamin B5: 0.35mg (3.45%), Copper: 0.07mg (3.32%), Manganese: 0.06mg (2.97%), Fiber: 0.64g (2.55%), Iron: 0.39mg (2.15%), Vitamin B2: 0.03mg (2.01%), Phosphorus: 17.78mg (1.78%), Vitamin B3: 0.29mg (1.45%), Folate: 5.32µg (1.33%), Calcium: 12.94mg (1.29%), Zinc: 0.16mg (1.1%)