



Watermelon Summertime Slush

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



46 kcal

DESSERT

Ingredients

- 0.3 cup cherries pitted
- 0.5 cup coconut water (liquid from inside coconut)
- 1 cup ice cubes
- 1 teaspoon granular sucralose sweetener splenda® (such as)
- 1 cup watermelon cubed seeded

Equipment

- blender

Directions

- Place ice in a blender and pour in coconut water; add cherries, watermelon cubes, and sweetener. Cover and blend until slushy, about 1 minute.
- Pour into 2 glasses to serve.

Nutrition Facts

PROTEIN 8.54% **FAT 4.78%** **CARBS 86.68%**

Properties

Glycemic Index:100.83, Glycemic Load:5.56, Inflammation Score:-4, Nutrition Score:3.2221739240315%

Flavonoids

Cyanidin: 5.21mg, Cyanidin: 5.21mg, Cyanidin: 5.21mg, Cyanidin: 5.21mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 45.91kcal (2.3%), Fat: 0.27g (0.41%), Saturated Fat: 0.12g (0.78%), Carbohydrates: 10.95g (3.65%), Net Carbohydrates: 9.63g (3.5%), Sugar: 8.69g (9.65%), Cholesterol: 0mg (0%), Sodium: 69.67mg (3.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.08g (2.16%), Vitamin C: 8.8mg (10.67%), Vitamin A: 443.48IU (8.87%), Potassium: 273.42mg (7.81%), Magnesium: 25.68mg (6.42%), Manganese: 0.13mg (6.31%), Fiber: 1.33g (5.3%), Copper: 0.09mg (4.26%), Vitamin B2: 0.06mg (3.29%), Vitamin B1: 0.05mg (3.18%), Vitamin B6: 0.06mg (3.09%), Calcium: 25.51mg (2.55%), Phosphorus: 23.98mg (2.4%), Iron: 0.42mg (2.33%), Vitamin B5: 0.23mg (2.28%), Selenium: 0.9µg (1.29%), Folate: 4.77µg (1.19%), Zinc: 0.16mg (1.07%), Vitamin B3: 0.21mg (1.05%)