



Watermelonade



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



16

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 16 cups ice cubes divided
- ☐ 4 teaspoon juice of lemon fresh divided
- ☐ 16 servings mint leaves
- ☐ 0.3 cup sugar divided
- ☐ 12 pound watermelon seedless (preferably)

Equipment

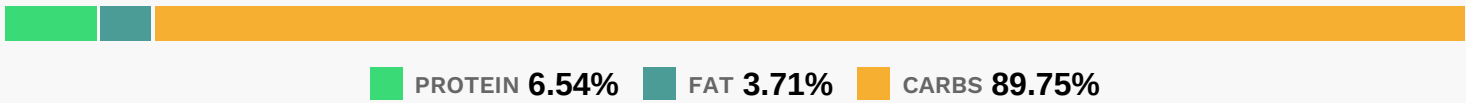
- ☐ bowl
- ☐ sieve

blender

Directions

- Cut watermelon flesh into 2-inch chunks and discard rind. Purée one fourth of watermelon in a blender with 1 Tbsp sugar, 1 tsp lemon juice, 4 cups ice, and a pinch of salt. Strain through a fine-mesh sieve into a large bowl, discarding solids. Make 3 more batches.
- Add sugar to taste if desired and serve over ice.
- Watermelonade can be made 1 day ahead and chilled, covered. Drink will separate; re-blend before serving.

Nutrition Facts



Properties

Glycemic Index:9.05, Glycemic Load:20.34, Inflammation Score:-8, Nutrition Score:7.2899999592615%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg, Luteolin: 1.69mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg

Nutrients (% of daily need)

Calories: 115.06kcal (5.75%), Fat: 0.53g (0.82%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 29.03g (9.68%), Net Carbohydrates: 27.59g (10.03%), Sugar: 24.24g (26.94%), Cholesterol: 0mg (0%), Sodium: 15.59mg (0.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.12g (4.23%), Vitamin A: 1978.26IU (39.57%), Vitamin C: 28.36mg (34.37%), Potassium: 388.06mg (11.09%), Magnesium: 37.26mg (9.32%), Copper: 0.18mg (9.22%), Vitamin B6: 0.16mg (7.75%), Vitamin B5: 0.76mg (7.57%), Vitamin B1: 0.11mg (7.56%), Manganese: 0.14mg (7.07%), Fiber: 1.44g (5.78%), Iron: 0.87mg (4.83%), Vitamin B2: 0.07mg (4.4%), Phosphorus: 38.25mg (3.83%), Calcium: 33.45mg (3.34%), Vitamin B3: 0.62mg (3.12%), Folate: 11.6µg (2.9%), Zinc: 0.38mg (2.51%), Selenium: 1.38µg (1.97%), Vitamin E: 0.17mg (1.15%)