



Wonderful Watermelon Lemonade



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



10 min.

SERVINGS



2

CALORIES



248 kcal

BEVERAGE

DRINK

Ingredients

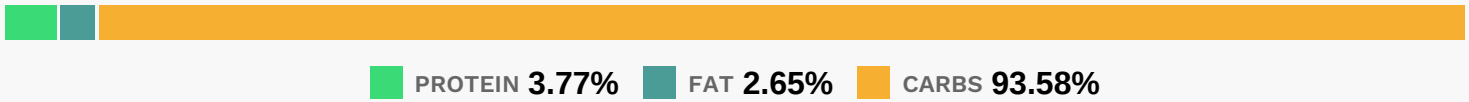
- ☐ 1 optional: lemon fresh thinly sliced
- ☐ 0.3 cup squeezed lemon juice fresh (1 to 2 lemons)
- ☐ 0.3 cup sugar to taste
- ☐ 1 teaspoon vanilla extract
- ☐ 2 cups water divided
- ☐ 2 cups watermelon puree seedless
- ☐ 2 cups watermelon flesh seedless chopped

Equipment

Directions

☐ In half-gallon pitcher with lid, mix 1 cup of the water with the sugar until completely dissolved.Stir in the remaining 1 cup of water, watermelon puree, sliced lemon, lemon juice and vanilla extract.Stir to mix well and chill thoroughly.Stir in 2 cups of chopped watermelon before serving.

Nutrition Facts



Properties

Glycemic Index:122.46, Glycemic Load:40.4, Inflammation Score:-8, Nutrition Score:9.8530433139075%

Flavonoids

Eriodictyol: 13.02mg, Eriodictyol: 13.02mg, Eriodictyol: 13.02mg, Eriodictyol: 13.02mg Hesperetin: 19.48mg, Hesperetin: 19.48mg, Hesperetin: 19.48mg, Hesperetin: 19.48mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Luteolin: 2.42mg, Luteolin: 2.42mg, Luteolin: 2.42mg, Luteolin: 2.42mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 247.66kcal (12.38%), Fat: 0.8g (1.23%), Saturated Fat: 0.08g (0.51%), Carbohydrates: 63.54g (21.18%), Net Carbohydrates: 60.72g (22.08%), Sugar: 54.49g (60.54%), Cholesterol: 0mg (0%), Sodium: 16.77mg (0.73%), Alcohol: 0.69g (100%), Alcohol %: 0.13% (100%), Protein: 2.56g (5.11%), Vitamin C: 65.05mg (78.85%), Vitamin A: 1743.47IU (34.87%), Potassium: 450.04mg (12.86%), Fiber: 2.82g (11.28%), Magnesium: 39.16mg (9.79%), Vitamin B6: 0.19mg (9.73%), Copper: 0.19mg (9.71%), Vitamin B1: 0.13mg (8.63%), Vitamin B5: 0.82mg (8.15%), Manganese: 0.14mg (7.07%), Iron: 1.1mg (6.09%), Folate: 21.16µg (5.29%), Vitamin B2: 0.09mg (5.14%), Calcium: 44.8mg (4.48%), Phosphorus: 44.64mg (4.46%), Vitamin B3: 0.63mg (3.16%), Zinc: 0.38mg (2.54%), Selenium: 1.66µg (2.37%), Vitamin E: 0.28mg (1.86%)