

# Watermelon Agua Fresca

4 Servings • 1 Serving = 1 ½ Cup



## INGREDIENTS

- 4 cups watermelon, diced
- 3 ½ cups water
- Juice of 1 lime

## DIRECTIONS

1. In a blender, combine all the ingredients. Blend until smooth.
2. Pour into a large pitcher and chill for 1 hour.
3. Serve over ice.

| Nutrition Facts          |           |
|--------------------------|-----------|
| 4 servings per container |           |
| Serving size 1 1/2 cups  |           |
| Amount per serving       |           |
| <b>Calories</b>          | <b>50</b> |
| % Daily Value*           |           |
| Total Fat 0g             | 0%        |
| Saturated Fat 0g         | 0%        |
| Trans Fat 0g             |           |
| Cholesterol 0mg          | 0%        |
| Sodium 10mg              | 0%        |
| Total Carbohydrate 12g   | 4%        |
| Dietary Fiber 1g         | 4%        |
| Total Sugars 10g         |           |
| Includes 0g Added Sugars | 0%        |
| Protein 1g               |           |
| Vitamin D 0mcg           | 0%        |
| Calcium 18mg             | 2%        |
| Iron 0mg                 | 0%        |
| Potassium 183mg          | 4%        |

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by the San Antonio Food Bank



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