

Watermelon Mojitos

Paula Macri - Gattuso's Bella Cucina
Scripps Treasure Coast Newspapers

5 cups watermelon, seeded and cubed
1 cup chilled sparkling water
3/4 cup white rum
1/4 cup fresh mint, chopped
1 can (6 ounce) frozen limeade concentrate, undiluted
mint sprigs (optional)
lime slices (optional)

Place the cubed watermelon in a single layer on a baking sheet. Freeze for two hours or more, until the watermelon is completely frozen.

In a blender, mix together the watermelon, sparkling water, rum and mint. Process until smooth.

Place in serving glasses and garnish with mint sprigs and lime slices.

Serve immediately.

Per Serving (excluding unknown items): 642 Calories; 3g Fat (11.1% calories from fat); 5g Protein; 57g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 24mg Sodium. Exchanges: 1/2 Vegetable; 4 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	642	Vitamin B6 (mg):	1.1mg
% Calories from Fat:	11.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	81.1%	Thiamin B1 (mg):	.6mg
% Calories from Protein:	7.8%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	3g	Folacin (mcg):	41mcg
Saturated Fat (g):	trace	Niacin (mg):	2mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	385
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	57g		
Dietary Fiber (g):	5g		
	5g		

Food Exchanges

Grain (Starch):	0
	0
	1

Protein (g):
Sodium (mg): 24mg
Potassium (mg): 1001mg
Calcium (mg): 107mg
Iron (mg): 4mg
Zinc (mg): 1mg
Vitamin C (mg): 77mg
Vitamin A (i.u.): 3742IU
Vitamin A (r.e.): 377RE

Lean Meat:
Vegetable: 1/2
Fruit: 4
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 642 Calories from Fat: 71

% Daily Values*

Total Fat	3g	5%
Saturated Fat	trace	2%
Cholesterol	0mg	0%
Sodium	24mg	1%
Total Carbohydrates	57g	19%
Dietary Fiber	5g	21%
Protein	5g	
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Vitamin A		75%
Vitamin C		128%
Calcium		11%
Iron		23%

** Percent Daily Values are based on a 2000 calorie diet.*