

# Honeydew Lemonade

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## Servings: 4

*1/2 cup water*

*6 tablespoons sugar*

*3 1/2 cups water*

*2 cups honeydew melon, peeled and diced*

*1/2 cup fresh lemon juice*

In a bowl, combine 1/2 cup of water and the sugar. Microwave on HIGH for 2 minutes. Stir until the sugar dissolves. Cool.

In a blender, combine the sugar mixture, 3-1/2 cups of water and the honeydew melon. Process until smooth.

Press the mixture through a fine sieve over a pitcher.

Add the lemon juice and stir well..

*Serving size: one cup.*

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Per Serving (excluding unknown items): 110 Calories; trace Fat (0.6% calories from fat); 1g Protein; 29g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 16mg Sodium. Exchanges: 1/2 Fruit; 1 1/2 Other Carbohydrates.

## Beverages

### Per Serving Nutritional Analysis

Calories (kcal):	110	Vitamin B6 (mg):	.1mg
% Calories from Fat:	0.6%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	97.7%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	1.7%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	9mcg
Saturated Fat (g):	trace	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0 0%
Carbohydrate (g):	29g	<b>Food Exchanges</b>	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
	16mg		0

**Sodium (mg):**  
**Potassium (mg):** 267mg  
**Calcium (mg):** 12mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 35mg  
**Vitamin A (i.u.):** 40IU  
**Vitamin A (r.e.):** 4RE

**Vegetable:**  
**Fruit:** 1/2  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 1 1/2

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 110 Calories from Fat: 1

#### % Daily Values\*

<b>Total Fat</b>	trace	0%
	Saturated Fat trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	16mg	1%
<b>Total Carbohydrates</b>	29g	10%
	Dietary Fiber 1g	3%
<b>Protein</b>	1g	

<b>Vitamin A</b>	1%
<b>Vitamin C</b>	58%
<b>Calcium</b>	1%
<b>Iron</b>	1%

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