

Melon and Mint Lemonade

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Yield: 2 quarts

6 cups cubed ripe honeydew melon

2 cups lemon juice

1 cup water

1 cup Mint Simple Lemonade Syrup

OR Plain Simple Lemonade Syrup

(recipes elsewhere in this category)

honeydew and/or canteloupe melon

balls (optional) (for garnish)

mint leaves (optional) (for garnish)

In a blender, place the honeydew cubes. Cover and blend until smooth.

Add the lemon juice, water and simple syrup. Cover and blend just until combined.

Transfer the mixture to a serving pitcher.

Pour into ice-filled glasses.

Add mint leaves and melon balls, if desired, to garnish.

Per Serving (excluding unknown items): 122 Calories; 0g Fat (0.0% calories from fat); 2g Protein; 42g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 12mg Sodium. Exchanges: 3 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	122	Vitamin B6 (mg):	.2mg
% Calories from Fat:	0.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	95.8%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	4.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	0g	Folacin (mcg):	63mcg
Saturated Fat (g):	0g	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	0g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	42g	Food Exchanges	
Dietary Fiber (g):	2g	Grain (Starch):	0

Protein (g): 2g
Sodium (mg): 12mg
Potassium (mg): 605mg
Calcium (mg): 39mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 224mg
Vitamin A (i.u.): 98IU
Vitamin A (r.e.): 10RE

Lean Meat: 0
Vegetable: 0
Fruit: 3
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 122 Calories from Fat: 0

% Daily Values*

Total Fat	0g		0%
Saturated Fat	0g		0%
Cholesterol	0mg		0%
Sodium	12mg		0%
Total Carbohydrates	42g		14%
Dietary Fiber	2g		8%
Protein	2g		
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Vitamin A			2%
Vitamin C			374%
Calcium			4%
Iron			1%

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