

Watermelon Slushies

Publix Aprons Simple Meals

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Servings: 4

1 (one cup) watermelon, coarsely chopped

8 strawberries, halved

1 cup small ice cubes OR crushed ice

1/2 cup pineapple-orange-banana juice OR orange juice

3/4 cup lime-flavored sparkling water

In a blender, combine the watermelon, strawberries, ice and juice.

Cover and blend until smooth.

Fill the glasses 3/4 full. Top each with sparkling water and stir.

Serve immediately.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown items): 369 Calories; 5g Fat (11.0% calories from fat); 7g Protein; 83g Carbohydrate; 6g Dietary Fiber; 0mg Cholesterol; 23mg Sodium. Exchanges: 6 Fruit.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	369	Vitamin B6 (mg):	1.6mg
% Calories from Fat:	11.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	81.9%	Thiamin B1 (mg):	.9mg
% Calories from Protein:	7.1%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	5g	Folacin (mcg):	29mcg
Saturated Fat (g):	1g	Niacin (mg):	2mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refused:	0.0%
Carbohydrate (g):	83g		
Dietary Fiber (g):	6g	Food Exchanges	
Protein (g):	7g	Grain (Starch):	0
Sodium (mg):	23mg	Lean Meat:	0
		Vegetable:	0

Potassium (mg): 1350mg
Calcium (mg): 94mg
Iron (mg): 2mg
Zinc (mg): 1mg
Vitamin C (mg): 122mg
Vitamin A (i.u.): 4140IU
Vitamin A (r.e.): 418 1/2RE

Fruit: 6
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 369 Calories from Fat: 41

% Daily Values*

Total Fat	5g	8%
Saturated Fat	1g	3%
Cholesterol	0mg	0%
Sodium	23mg	1%
Total Carbohydrates	83g	28%
Dietary Fiber	6g	25%
Protein	7g	

Vitamin A	83%
Vitamin C	203%
Calcium	9%
Iron	11%

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