



Healthdor

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## Watermelon Juice Recipe

This refreshing watermelon juice is the perfect drink for hot summer days. It's made with fresh watermelon and a hint of lime for a burst of flavor. Enjoy it on its own or add a splash of sparkling water for a fizzy twist.

**Recipe Type:** Vegan

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 4

**Serving Size:** 250 g

### Ingredients

1000 g	Watermelon
1 pieces	Lime

### Directions

## Step 1

Cutting

Cut the watermelon into small cubes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Squeeze the juice from the lime.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

Blender

Add the watermelon cubes and lime juice to a blender.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 4

Blender

Blend until smooth.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Strain the juice to remove any pulp.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Serve chilled and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 30 kcal

**Fat:** 0 g

**Protein:** 1 g

**Carbohydrates:** 8 g

## Nutrition Facts

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## Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	8 g	14.55%	16%
Fibers	1 g	2.63%	4%
Sugars	6 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	25 mg	27.78%	33.33%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	4 mg	0.12%	0.15%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Thanksgiving Barbecue Picnic

## Meal Type

Breakfast

Snack

Lunch

Dinner

Supper

## Nutritional Content

Low Calorie

High Protein

High Fiber

## Kitchen Tools

Blender

Grill

## Course

Drinks

Salads

Sauces & Dressings

## Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

## Difficulty Level

Easy

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