

Watermelon Agua Fresca

General Information

ACTIVE

Recipe #	Category	Source
1418515	Fruit 🍉	Local

Ingredients

Name	Quantity	Quantity
Watermelon, raw	2 qt. diced	2
Ice Cold Water	1 pt.	
Sugar, White, Granulated 1/25#, C&H Pure Cane Sugar, 801461	¼ c.	

Preparation Instructions

HACCP Process: #1 - No Cook

Puree fruit.

Add water and sugar.

Stir

My School Menus

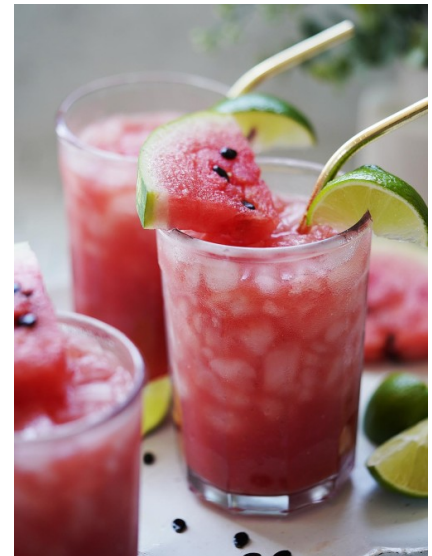
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In Use as a Sub Recipe

Menus Using this Recipe

Dates

Last Updated	Created
08-25-2023	08-25-2023



Watermelon Agua Fresca

Serving Size	Yield
4 oz	20

Nutrition Facts

Serving Size 4 oz (87 gm)

Amount Per Serving

Calories **28.240**

% Daily Value*

Total Fat 0.091 gm **0.14 %**

Saturated Fat 0.010 gm **0.049 %**

Trans Fat 0.000 gm

Cholesterol 0.000 mg

Sodium 1.319 mg **0.055 %**

Total Carbohydrate 7.088 gm **2.363 %**

Dietary Fiber 0.243 gm **0.973 %**

Total Sugars 6.267 gm

Includes 2.498* of Added Sugars

Protein 0.371 gm **0.742 %**

Vitamin A 345.952* iu **6.919 %**

Vitamin C 4.925* mg **8.208 %**

Vitamin D 0.000* mcg

Calcium 4.967* mg **0.497 %**

Iron 0.146* mg **0.811 %**

Potassium 68.333* mg **1.454 %**

Saturated Fat % of Calories **0.31 %**

* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

WARNING: TRANS FAT VALUES ARE PROVIDED FOR INFORMATION PURPOSES ONLY, NOT FOR MONITORING PURPOSES.

Meal Components