



Cucumber Watermelon Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



1

CALORIES



497 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 ounce agave syrup
- ☐ 0.5 cucumber english peeled coarsely chopped
- ☐ 1 juice of lime for rimming glasses
- ☐ 0.3 cup course kosher salt
- ☐ 3 ounces tequila white
- ☐ 4 cups watermelon chunks seedless

Equipment

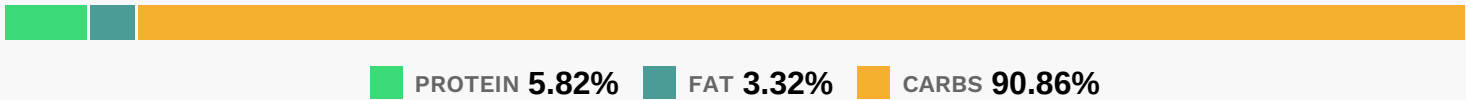
- ☐ sieve

☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Liquefy the watermelon and cucumber in a blender and strain through a fine mesh sieve into a pitcher. Refrigerate until ready to use.
- ☐ Mix the lime zest and salt on a small plate and reserve.
- ☐ Mix 1/2 cup watermelon-cucumber juice with lime juice, agave and tequila in a cocktail shaker filled with ice; shake well to chill. Rub the rim of a martini glass with a lime wedge and dip it into the lime zest mixture.
- ☐ Pour the margarita into the salt-rimmed martini glass and enjoy!

Nutrition Facts



Properties

Glycemic Index:104.67, Glycemic Load:35.7, Inflammation Score:-10, Nutrition Score:18.422608769458%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg, Luteolin: 2.8mg Kaempferol: 2.93mg, Kaempferol: 2.93mg, Kaempferol: 2.93mg, Kaempferol: 2.93mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 496.75kcal (24.84%), Fat: 1.23g (1.89%), Saturated Fat: 0.16g (0.97%), Carbohydrates: 75.53g (25.18%), Net Carbohydrates: 72.18g (26.25%), Sugar: 59.99g (66.65%), Cholesterol: 0mg (0%), Sodium: 28305mg (1230.65%), Alcohol: 28.41g (100%), Alcohol %: 3.69% (100%), Protein: 4.84g (9.67%), Vitamin C: 67.27mg (81.54%), Vitamin A: 3632.02IU (72.64%), Vitamin K: 31.77µg (30.25%), Potassium: 945.23mg (27.01%), Manganese: 0.44mg (22.23%), Magnesium: 83.71mg (20.93%), Vitamin B6: 0.41mg (20.61%), Vitamin B1: 0.29mg (19.22%), Copper: 0.37mg (18.36%), Vitamin B5: 1.77mg (17.69%), Vitamin B2: 0.23mg (13.64%), Fiber: 3.36g (13.43%), Iron: 2.21mg (12.26%), Phosphorus: 110.77mg (11.08%), Folate: 40.24µg (10.06%), Calcium: 88.56mg (8.86%), Vitamin B3: 1.48mg (7.39%), Zinc: 1.04mg (6.95%), Selenium: 3.47µg (4.95%), Vitamin E: 0.69mg (4.62%)