

Fresh Spa-ocktail

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

10 min.

SERVINGS

servings

4

CALORIES

calories

114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 slices cucumber for garnish
- ☐ 1 cucumber english peeled cut into chunks
- ☐ 1 slices lime for garnish
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 cup seltzer water
- ☐ 4 ounces tequila (recommended: 1800 Tequila)
- ☐ 3 cups watermelon chunks

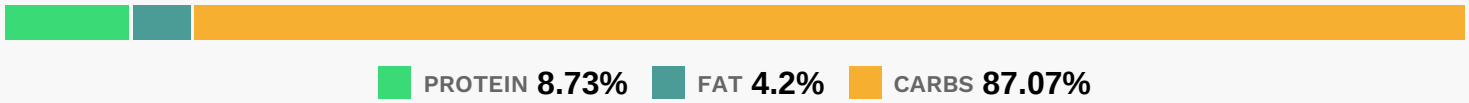
Equipment

- ☐ bowl
- ☐ sieve
- ☐ blender

Directions

- ☐ Place a fine-mesh sieve over a bowl.
- ☐ Add the watermelon and cucumber chunks to a blender and blend until thoroughly pureed.
- ☐ Pour into the sieve and allow the juice to slowly drip into the bowl without forcing any of the pulp through. Discard solids. This should yield about 12 ounces of juice.
- ☐ In a pitcher, combine the watermelon and cucumber juice with the lime juice and tequila. Fill 4 highball glasses with ice and evenly divide juice among glasses. Top off each glass with seltzer water.
- ☐ Serve the glasses topped with a couple of cucumber and lime slices.

Nutrition Facts



Properties

Glycemic Index:34.17, Glycemic Load:6.13, Inflammation Score:-6, Nutrition Score:4.5926087109939%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg, Hesperetin: 1.76mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 114.48kcal (5.72%), Fat: 0.27g (0.41%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 12.5g (4.17%), Net Carbohydrates: 11.56g (4.2%), Sugar: 8.56g (9.52%), Cholesterol: 0mg (0%), Sodium: 15.64mg (0.68%), Alcohol: 9.47g (100%), Alcohol %: 4.12% (100%), Protein: 1.25g (2.51%), Vitamin C: 15.27mg (18.51%), Vitamin A: 735.17IU (14.7%), Vitamin K: 12.62µg (12.02%), Potassium: 257.01mg (7.34%), Magnesium: 22.96mg (5.74%), Manganese: 0.11mg (5.59%), Copper: 0.09mg (4.68%), Vitamin B5: 0.47mg (4.68%), Vitamin B6: 0.09mg (4.38%), Vitamin B1: 0.06mg (4.23%), Fiber: 0.94g (3.75%), Phosphorus: 33.93mg (3.39%), Vitamin B2: 0.05mg (3.08%), Iron: 0.53mg (2.92%), Folate: 10.18µg (2.55%), Calcium: 25.33mg (2.53%), Zinc: 0.35mg (2.32%), Vitamin B3: 0.3mg (1.5%)