



## Grilled Watermelon and Jalapeno Bowla

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



1200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 small jalapeno sliced in 1/2
- 6 servings jalapeño peppers whole for garnish
- 1 juice of lime juiced
- 6 servings salt
- 1 cup sugar
- 4 ounces blanco tequila
- 6 servings vegetable oil
- 1 cup water

- 1 ounce watermelon schnapps
- 4 small watermelon for garnish ()

## Equipment

- bowl
- sauce pan
- sieve
- blender
- grill

## Directions

- Watch how to make this recipe.
- Heat the grill to high.
- Lightly brush the watermelon slices with vegetable oil and season with salt. Arrange on the grill and grill until you have visible grill marks on both sides.
- Remove the rind and chop the flesh into large chunks.
- Add the watermelon flesh to a blender, along with 1 cup of water and blend until liquefied. Strain the juice, through a fine strainer, into a bowl. Discard the pulp and reserve watermelon juice.
- In a large bowl or glass pitcher, combine the tequila, simple syrup, lime juice and watermelon schnapps.
- Add the grilled watermelon juice, and stir.
- Pour into serving glasses and garnish with reserved slices of grilled watermelon and a jalapeno pepper.
- In a small saucepan over medium heat, add the water, sugar and the jalapeno pepper.
- Heat the mixture until the sugar is dissolved, about 2 to 3 minutes.
- Remove from the heat and let steep until cool.
- Remove the pepper slices and reserve the simple syrup.

## Nutrition Facts



■ PROTEIN 5.73% ■ FAT 13.06% ■ CARBS 81.21%

## Properties

Glycemic Index:49.74, Glycemic Load:183.74, Inflammation Score:-10, Nutrition Score:43.992608858191%

## Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 13.89mg, Luteolin: 13.89mg, Luteolin: 13.89mg, Luteolin: 13.89mg Kaempferol: 13.52mg, Kaempferol: 13.52mg, Kaempferol: 13.52mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 1199.82kcal (59.99%), Fat: 18.64g (28.67%), Saturated Fat: 2.62g (16.38%), Carbohydrates: 260.79g (86.93%), Net Carbohydrates: 248.62g (90.41%), Sugar: 219.84g (244.27%), Cholesterol: 0mg (0%), Sodium: 226.58mg (9.85%), Alcohol: 6.31g (100%), Alcohol %: 0.26% (100%), Protein: 18.39g (36.79%), Vitamin A: 17151.49IU (343.03%), Vitamin C: 250.62mg (303.78%), Potassium: 3384.21mg (96.69%), Magnesium: 302mg (75.5%), Vitamin B6: 1.37mg (68.72%), Vitamin B5: 6.66mg (66.62%), Vitamin B1: 1mg (66.39%), Copper: 1.28mg (63.92%), Manganese: 1.15mg (57.63%), Fiber: 12.17g (48.7%), Iron: 7.26mg (40.31%), Vitamin B2: 0.64mg (37.78%), Phosphorus: 333.23mg (33.32%), Vitamin K: 29.67µg (28.26%), Vitamin B3: 5.42mg (27.1%), Folate: 91.95µg (22.99%), Calcium: 213.25mg (21.32%), Zinc: 3.03mg (20.21%), Vitamin E: 2.83mg (18.88%), Selenium: 12.24µg (17.49%)