



Gulp of Mexico



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



200 min.

SERVINGS



6

CALORIES



379 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 servings coarse salt for the glasses
- ☐ 0.3 cup st. germain such as St. Germain
- ☐ 2 cups wedges honeydew melon cubed
- ☐ 1.3 cups juice of lime fresh for serving from 8 to 10 limes
- ☐ 0.5 cup lightly mint leaves packed
- ☐ 0.7 cup liqueur orange-flavored such as Cointreau or Grand Marnier
- ☐ 2 cups strawberries frozen
- ☐ 1 cup sugar

- ☐ 0.8 cup tequila preferably anejo or reposado

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ blender
- ☐ plastic wrap
- ☐ ice cube tray

Directions

- ☐ Combine 3/4 cup lime juice, 1/3 cup sugar and 3/4 cup water in a bowl; stir until dissolved.
- ☐ Pour into an ice cube tray and freeze until firm, 1 to 2 hours. Meanwhile, line a baking sheet with plastic wrap; spread out the melon chunks, cover and freeze until solid, 1 to 2 hours. (The lime ice cubes and melon can be frozen up to 2 days ahead.)
- ☐ Combine the lime ice cubes, tequila, orange-flavored liqueur and 2 cups plain ice cubes in a blender and process until slushy.
- ☐ Transfer to a small pitcher or bowl; cover with plastic wrap and freeze, about 2 hours. Rinse out the blender.
- ☐ Combine the frozen strawberries, elderflower liqueur, 1/4 cup lime juice, 1/3 cup sugar and 2 cups plain ice cubes in the blender; process until slushy.
- ☐ Transfer to another small pitcher or bowl and set aside. Rinse out the blender.
- ☐ Make the green layer: Blend the frozen melon, mint, the remaining 1/4 cup lime juice and 1/3 cup sugar, 1 1/2 cups plain ice cubes and 1/2 cup water until slushy.
- ☐ Rub the rims of 6 glasses with a lime wedge, then dip in coarse salt. Fill each glass one-third of the way with the green slush; spoon a layer of the white slush on top, then finish with the red slush.
- ☐ Serve with lime wedges. (The individual slushes or the assembled drinks will keep up to 3 days in the freezer. Thaw 20 to 40 minutes before assembling or serving.)
- ☐ Photograph by Kat Teutsch

Nutrition Facts



 **PROTEIN 1.79%**  **FAT 1.92%**  **CARBS 96.29%**

Properties

Glycemic Index:26.18, Glycemic Load:25.58, Inflammation Score:-6, Nutrition Score:6.8217393470847%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 21.58mg, Hesperetin: 21.58mg, Hesperetin: 21.58mg, Hesperetin: 21.58mg Naringenin: 1.8mg, Naringenin: 1.8mg, Naringenin: 1.8mg, Naringenin: 1.8mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 379.32kcal (18.97%), Fat: 0.54g (0.83%), Saturated Fat: 0.08g (0.48%), Carbohydrates: 61.31g (20.44%), Net Carbohydrates: 58.22g (21.17%), Sugar: 54.54g (60.6%), Cholesterol: 0mg (0%), Sodium: 209.35mg (9.1%), Alcohol: 16.84g (100%), Alcohol %: 8.18% (100%), Caffeine: 6.82mg (2.27%), Protein: 1.14g (2.28%), Vitamin C: 53.96mg (65.41%), Manganese: 0.26mg (13.02%), Fiber: 3.09g (12.37%), Potassium: 283.43mg (8.1%), Folate: 30.5µg (7.63%), Copper: 0.1mg (5.01%), Vitamin B6: 0.1mg (4.94%), Magnesium: 18.66mg (4.66%), Iron: 0.83mg (4.59%), Vitamin A: 218.04IU (4.36%), Calcium: 37.17mg (3.72%), Vitamin B1: 0.05mg (3.58%), Phosphorus: 32.14mg (3.21%), Vitamin B3: 0.63mg (3.13%), Vitamin K: 3µg (2.85%), Vitamin B2: 0.05mg (2.82%), Vitamin B5: 0.27mg (2.67%), Vitamin E: 0.26mg (1.73%), Zinc: 0.24mg (1.58%), Selenium: 1.07µg (1.52%)