

Margarita de Sandia



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



344 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 servings ice cubes crushed
- ☐ 0.5 cup juice of lime fresh
- ☐ 1 cup sugar
- ☐ 0.8 cup tequila
- ☐ 1 cup water
- ☐ 3.5 cups watermelon cubed seeded

Equipment

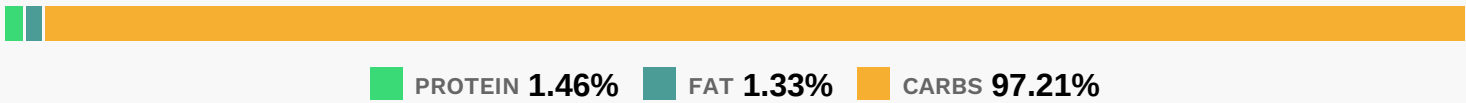
- ☐ sauce pan

☐ blender

Directions

- ☐ Bring sugar and water to a boil in a medium saucepan, stirring until sugar dissolves; boil 1 minute.
- ☐ Remove from heat; cool.
- ☐ Process watermelon in a blender until smooth.
- ☐ Combine all ingredients, and shake well.

Nutrition Facts



Properties

Glycemic Index:39.94, Glycemic Load:42.01, Inflammation Score:-6, Nutrition Score:3.68999999406027%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg, Luteolin: 0.61mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 343.91kcal (17.2%), Fat: 0.38g (0.59%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 62.39g (20.8%), Net Carbohydrates: 61.74g (22.45%), Sugar: 58.66g (65.17%), Cholesterol: 0mg (0%), Sodium: 5.89mg (0.26%), Alcohol: 15.03g (100%), Alcohol %: 5.98% (100%), Protein: 0.94g (1.88%), Vitamin C: 19.85mg (24.06%), Vitamin A: 771.9IU (15.44%), Potassium: 186.25mg (5.32%), Copper: 0.09mg (4.33%), Magnesium: 16.32mg (4.08%), Vitamin B1: 0.05mg (3.61%), Vitamin B6: 0.07mg (3.59%), Vitamin B5: 0.33mg (3.31%), Manganese: 0.07mg (3.3%), Fiber: 0.65g (2.61%), Vitamin B2: 0.04mg (2.57%), Iron: 0.39mg (2.16%), Phosphorus: 20.67mg (2.07%), Folate: 7.01µg (1.75%), Calcium: 15.85mg (1.58%), Vitamin B3: 0.29mg (1.43%), Zinc: 0.19mg (1.24%), Selenium: 0.86µg (1.23%)