



## Melon Margarita

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



366 kcal

BEVERAGE

DRINK

### Ingredients

- 1 serving ice cubes
- 1 serving garnish: lime
- 0.3 cup juice of lime fresh
- 3 tablespoons melon liqueur
- 0.3 cup powdered sugar
- 2 tablespoons tequila

### Equipment

## Directions

- Rub rim of a chilled margarita glass with lime wedge, and dip rim in salt to coat, if desired.
- Fill cocktail shaker half full with ice.
- Add lime juice, liqueur, tequila, and powdered sugar; cover with lid, and shake until thoroughly chilled. Strain into prepared glass.
- Garnish, if desired, and serve immediately.
- \*1/3 cup thawed frozen limeade concentrate may be substituted for fresh lime juice. Omit powdered sugar, and proceed with recipe as directed.
- Note: For testing purposes only, we used Midori for melon liqueur and Jose Cuervo Especial for tequila.

## Nutrition Facts

 PROTEIN 1.72%  FAT 0.2%  CARBS 98.08%

## Properties

Glycemic Index:47, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:2.3252174154572%

## Flavonoids

Eriodictyol: 1.77mg, Eriodictyol: 1.77mg, Eriodictyol: 1.77mg, Eriodictyol: 1.77mg Hesperetin: 7.67mg, Hesperetin: 7.67mg, Hesperetin: 7.67mg, Hesperetin: 7.67mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## Nutrients (% of daily need)

Calories: 365.52kcal (18.28%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 63.33g (21.11%), Net Carbohydrates: 62.98g (22.9%), Sugar: 56.86g (63.18%), Cholesterol: 0mg (0%), Sodium: 5.53mg (0.24%), Alcohol: 17.53g (100%), Alcohol %: 8.8% (100%), Protein: 1.11g (2.22%), Vitamin C: 24.49mg (29.69%), Potassium: 96.8mg (2.77%), Folate: 8.15µg (2.04%), Copper: 0.04mg (2.02%), Magnesium: 7.07mg (1.77%), Vitamin B6: 0.03mg (1.57%), Vitamin B1: 0.02mg (1.48%), Fiber: 0.35g (1.4%), Calcium: 13.7mg (1.37%), Phosphorus: 12.67mg (1.27%), Vitamin B2: 0.02mg (1.24%), Vitamin E: 0.18mg (1.2%), Manganese: 0.02mg (1.08%), Vitamin B5: 0.1mg (1.01%)