



The Party Starter (Watermelon Tequila Cocktail)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



246 kcal

BEVERAGE

DRINK

Ingredients



0.8 cup juice of lemon



2 cups silver tequila (also called blanco)



6 lbs watermelon seedless

Equipment



food processor



bowl



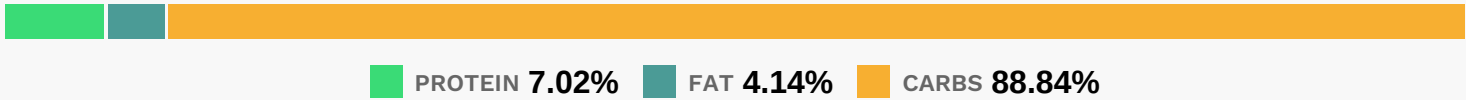
whisk

- ☐ sieve
- ☐ ice cube tray

Directions

- ☐ Cut melon into chunks and discard rind. Pure chunks in batches in a food processor.
- ☐ Pour mixture through a strainer into a bowl.
- ☐ Pour 4 cups into another bowl; whisk in lemon juice. Save any remaining watermelon juice for another use.
- ☐ Pour juice mixture into 4 ice cube trays* and freeze until firm, at least 3 hours or overnight.
- ☐ Make drinks: Whirl half the watermelon cubes in a food processor until broken up, then add 1 cup tequila and whirl until blended.
- ☐ Pour into a pitcher and repeat with remaining ingredients.
- ☐ *A standard ice cube tray has 14 cube slots.

Nutrition Facts



Properties

Glycemic Index:11.21, Glycemic Load:18.16, Inflammation Score:-9, Nutrition Score:7.7082610311716%

Flavonoids

Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg, Eriodictyol: 1.12mg Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg, Hesperetin: 3.31mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg, Luteolin: 1.56mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 245.69kcal (12.28%), Fat: 0.57g (0.87%), Saturated Fat: 0.06g (0.4%), Carbohydrates: 27.26g (9.09%), Net Carbohydrates: 25.83g (9.39%), Sugar: 21.67g (24.08%), Cholesterol: 0mg (0%), Sodium: 4.23mg (0.18%), Alcohol: 20.04g (100%), Alcohol %: 6% (100%), Protein: 2.16g (4.31%), Vitamin C: 36.41mg (44.13%), Vitamin A: 1937.08IU (38.74%), Potassium: 405.78mg (11.59%), Magnesium: 35.39mg (8.85%), Vitamin B6: 0.16mg (8.21%), Vitamin B1: 0.12mg (8.09%), Copper: 0.16mg (7.96%), Vitamin B5: 0.78mg (7.82%), Manganese: 0.14mg (7.14%), Fiber: 1.43g (5.72%), Iron: 0.86mg (4.77%), Vitamin B2: 0.08mg (4.55%), Phosphorus: 41.65mg (4.17%), Folate: 14.78µg (3.7%), Vitamin B3: 0.63mg (3.17%), Calcium: 25.19mg (2.52%), Zinc: 0.38mg (2.5%), Selenium: 1.38µg

(1.98%), Vitamin E: 0.2mg (1.36%)