



Watermelon Basil Margarita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



180 min.

SERVINGS



6

CALORIES



318 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 36 basil leaves whole plus more for garnish
- ☐ 6 cup cracked ice
- ☐ 2 teaspoon super sugar fine
- ☐ 9 ounce silver tequila
- ☐ 3 ounce triple sec
- ☐ 7.5 pound watermelon seedless cut into 1-inch cubes

Equipment

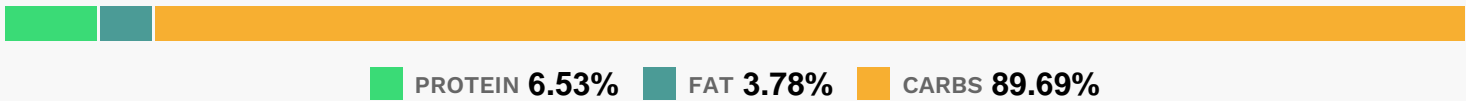
- ☐ bowl

- ☐ baking sheet
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ wooden spoon
- ☐ cheesecloth

Directions

- ☐ Place 24 of the watermelon cubes on a baking sheet lined with parchment. Cover with plastic wrap, and freeze at least 3 hours and up to 2 days.Puree remaining watermelon and the sugar in a blender until smooth. Pass through a sieve lined with cheesecloth into a bowl, discarding the solids. You should have about 3 cups of juice, add a bit of water if necessary.
- ☐ Place tequila and basil in a glass pitcher, and crushing the leaves of basil lightly with the back of a wooden spoon to release oils. Stir in watermelon juice and triple sec. Set aside about 1 hour for flavors to meld.
- ☐ Place a few watermelon cubes in each of the glasses. Using a cocktail shaker, mix about 3/4 cup margarita with 1 cup cracked ice. Strain into one of the glasses. Discard ice and any basil leaves left in the shaker, repeat for each cocktail.
- ☐ Serve garnished with basil, optional.

Nutrition Facts



Properties

Glycemic Index:38.29, Glycemic Load:31.22, Inflammation Score:-10, Nutrition Score:12.560869351677%

Flavonoids

Luteolin: 2.61mg, Luteolin: 2.61mg, Luteolin: 2.61mg, Luteolin: 2.61mg Kaempferol: 2.55mg, Kaempferol: 2.55mg, Kaempferol: 2.55mg, Kaempferol: 2.55mg

Nutrients (% of daily need)

Calories: 317.67kcal (15.88%), Fat: 0.91g (1.4%), Saturated Fat: 0.11g (0.67%), Carbohydrates: 48.76g (16.25%), Net Carbohydrates: 46.46g (16.89%), Sugar: 41.06g (45.62%), Cholesterol: 0mg (0%), Sodium: 19.17mg (0.83%), Alcohol: 17.89g (100%), Alcohol %: 2.62% (100%), Caffeine: 3.69mg (1.23%), Protein: 3.55g (7.1%), Vitamin A:

3352.78IU (67.06%), Vitamin C: 46.36mg (56.19%), Potassium: 647.24mg (18.49%), Magnesium: 61.03mg (15.26%), Copper: 0.3mg (15%), Vitamin B6: 0.26mg (12.96%), Vitamin B1: 0.19mg (12.74%), Manganese: 0.25mg (12.66%), Vitamin B5: 1.26mg (12.58%), Vitamin K: 10.53µg (10.03%), Fiber: 2.31g (9.23%), Iron: 1.46mg (8.13%), Vitamin B2: 0.12mg (7.33%), Phosphorus: 66.26mg (6.63%), Vitamin B3: 1.06mg (5.28%), Calcium: 51.19mg (5.12%), Folate: 18.64µg (4.66%), Zinc: 0.63mg (4.21%), Selenium: 2.33µg (3.32%), Vitamin E: 0.3mg (2.02%)