



 **90%**
HEALTH SCORE

Watermelon Cilantro Margaritas

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



10 min.

SERVINGS



2

CALORIES



1462 kcal

BEVERAGE

DRINK

Ingredients

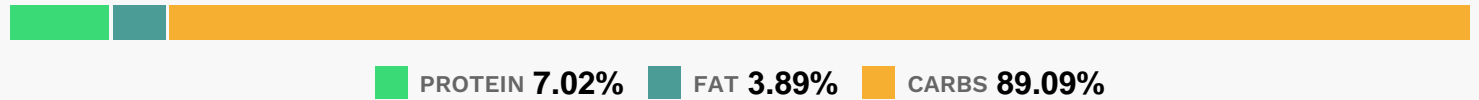
- 4 sprigs cilantro leaves fresh
- 2 servings ice crushed
- 0.3 cup pepperoncini pepper juice
- 0.3 cup juice of lime fresh
- 2 tablespoons pear liqueur orange-flavored
- 2 tablespoons tequila
- 2 small watermelon

Equipment

Directions

- Fill cocktail shaker with ice.
- Add remaining ingredients except watermelon wedges. Shake vigorously. Strain mixture into 2 small martini glasses or strain over ice into 2 margarita or rocks glasses.
- Garnish with watermelon wedge.

Nutrition Facts



Properties

Glycemic Index:81.21, Glycemic Load:241.65, Inflammation Score:-10, Nutrition Score:57.530000354933%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg 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: 20.7mg, Luteolin: 20.7mg, Luteolin: 20.7mg, Luteolin: 20.7mg Kaempferol: 20.25mg, Kaempferol: 20.25mg, Kaempferol: 20.25mg, Kaempferol: 20.25mg Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg, Quercetin: 2.69mg

Nutrients (% of daily need)

Calories: 1461.89kcal (73.09%), Fat: 6.83g (10.51%), Saturated Fat: 0.73g (4.56%), Carbohydrates: 351.77g (117.26%), Net Carbohydrates: 333.47g (121.26%), Sugar: 288.29g (320.32%), Cholesterol: 0mg (0%), Sodium: 49.09mg (2.13%), Alcohol: 10.98g (100%), Alcohol %: 0.3% (100%), Protein: 27.7g (55.41%), Vitamin A: 25920.35IU (518.41%), Vitamin C: 375.05mg (454.61%), Potassium: 5130.16mg (146.58%), Magnesium: 455.14mg (113.78%), Vitamin B6: 2.05mg (102.44%), Vitamin B5: 10.02mg (100.23%), Vitamin B1: 1.5mg (100.2%), Copper: 1.92mg (95.76%), Manganese: 1.76mg (88%), Fiber: 18.31g (73.23%), Iron: 10.95mg (60.83%), Vitamin B2: 0.96mg (56.62%), Phosphorus: 504.14mg (50.41%), Vitamin B3: 8.13mg (40.63%), Folate: 140.78µg (35.2%), Calcium: 324.72mg (32.47%), Zinc: 4.56mg (30.39%), Selenium: 18.1µg (25.86%), Vitamin K: 18.46µg (17.58%), Vitamin E: 2.43mg (16.21%)