



 **90%**
HEALTH SCORE

Watermelon Cilantro Margaritas

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

READY IN



10 min.

SERVINGS



2

CALORIES



1453 kcal

BEVERAGE

DRINK

Ingredients

- 1 serving ice crushed
- 0.3 cup watermelon
- 0.3 cup juice of lime fresh
- 2 tablespoons pear liqueur orange-flavored
- 2 tablespoons tequila
- 4 sprigs cilantro leaves fresh
- 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:98.17, Glycemic Load:241.27, Inflammation Score:-10, Nutrition Score:57.519130375074%

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: 20.79mg, Luteolin: 20.79mg, Luteolin: 20.79mg, Luteolin: 20.79mg Kaempferol: 20.34mg, Kaempferol: 20.34mg, Kaempferol: 20.34mg, Kaempferol: 20.34mg Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg, Quercetin: 2.51mg

Nutrients (% of daily need)

Calories: 1453.33kcal (72.67%), Fat: 6.82g (10.5%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 349.7g (116.57%), Net Carbohydrates: 331.38g (120.5%), Sugar: 286.48g (318.31%), Cholesterol: 0mg (0%), Sodium: 48.01mg (2.09%), Alcohol: 10.98g (100%), Alcohol %: 0.3% (100%), Protein: 27.79g (55.58%), Vitamin A: 26028.15IU (520.56%), Vitamin C: 376.31mg (456.14%), Potassium: 5120.13mg (146.29%), Magnesium: 455.48mg (113.87%), Vitamin B6: 2.05mg (102.59%), Vitamin B5: 10.05mg (100.5%), Vitamin B1: 1.5mg (100.18%), Copper: 1.92mg (95.97%), Manganese: 1.74mg (87.21%), Fiber: 18.32g (73.29%), Iron: 10.96mg (60.87%), Vitamin B2: 0.96mg (56.55%), Phosphorus: 504.06mg (50.41%), Vitamin B3: 8.14mg (40.69%), Folate: 141.35µg (35.34%), Calcium: 323.56mg (32.36%), Zinc: 4.57mg (30.48%), Selenium: 18.15µg (25.92%), Vitamin K: 18.48µg (17.6%), Vitamin E: 2.44mg (16.25%)