



Watermelon-Jalapeño Margarita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



264 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 7 servings cracked ice
- ☐ 1 slices garnishes: jalapeño watermelon wedges fresh
- ☐ 1 to 2 jalapeño peppers thinly sliced
- ☐ 0.5 cup juice of lime fresh
- ☐ 0.5 cup orange liqueur (such as Triple Sec)
- ☐ 0.3 cup simple syrup glaze
- ☐ 1.5 cups tequila white
- ☐ 8 cups watermelon cubed

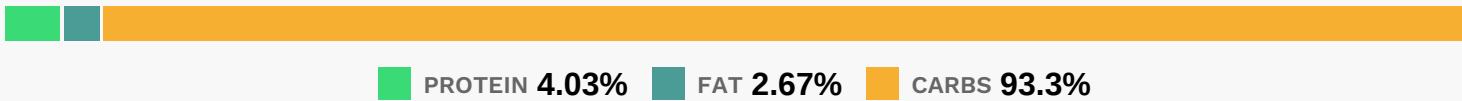
Equipment

- ☐ food processor
- ☐ sieve
- ☐ blender

Directions

- ☐ Puree watermelon, in batches, in a blender or food processor.
- ☐ Pour puree through a wire-mesh strainer, pressing with the back of a spoon; discard pulp and seeds.
- ☐ Combine watermelon liquid, tequila, and next 4 ingredients in a large pitcher. Cover and chill 1 hour (longer for a stronger pepper flavor).
- ☐ Serve over ice.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:21.95, Glycemic Load:9.45, Inflammation Score:-8, Nutrition Score:6.2456521987915%

Flavonoids

Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.55mg, Hesperetin: 1.55mg, Hesperetin: 1.55mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Kaempferol: 0.78mg, Kaempferol: 0.78mg, Kaempferol: 0.78mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 263.84kcal (13.19%), Fat: 0.38g (0.58%), Saturated Fat: 0.06g (0.38%), Carbohydrates: 29.77g (9.92%), Net Carbohydrates: 28.59g (10.4%), Sugar: 25.91g (28.79%), Cholesterol: 0mg (0%), Sodium: 14.17mg (0.62%), Alcohol: 21.56g (100%), Alcohol %: 7.99% (100%), Caffeine: 4.38mg (1.46%), Protein: 1.28g (2.57%), Vitamin C: 36.88mg (44.7%), Vitamin A: 1157.24IU (23.14%), Potassium: 265.3mg (7.58%), Vitamin B6: 0.15mg (7.38%), Magnesium: 23.25mg (5.81%), Vitamin B1: 0.09mg (5.8%), Copper: 0.11mg (5.67%), Iron: 0.93mg (5.19%),

Manganese: 0.1mg (4.78%), Fiber: 1.18g (4.72%), Vitamin B5: 0.45mg (4.52%), Vitamin E: 0.66mg (4.38%), Vitamin B2: 0.06mg (3.57%), Phosphorus: 29.42mg (2.94%), Vitamin K: 3.03µg (2.88%), Vitamin B3: 0.57mg (2.83%), Folate: 10.95µg (2.74%), Calcium: 19.78mg (1.98%), Zinc: 0.26mg (1.75%), Selenium: 0.91µg (1.29%)