



Watermelon Margarita

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



3

CALORIES



748 kcal

BEVERAGE

DRINK

Ingredients

- 3 servings ice cubes
- 6 ounces juice of lime freshly squeezed (from 4 medium limes)
- 3 servings lime wedges for serving
- 3 ounces peaches
- 3 pounds seeded/seedless watermelon seedless cut into 1-inch cubes (6 cups)
- 750 milliliter tequila (blanco)

Equipment

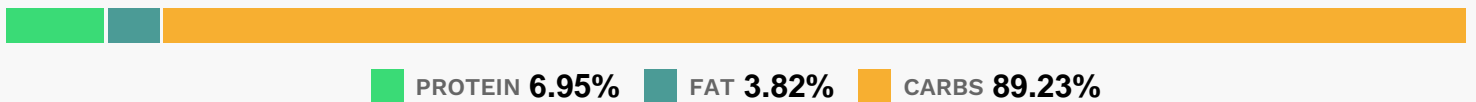
- bowl

- sieve
- blender
- spatula

Directions

- Set a fine-mesh strainer over a large bowl; set aside.
- Place the watermelon in a blender and blend until liquified, about 1 minute.
- Pour through the strainer into the bowl and scrape a rubber spatula against the inside surface of the strainer to push the juice through until only pulp remains. Discard the pulp. (You should have about 3 cups of juice.)
- Place the watermelon juice, tequila, lime juice, and peach liqueur in a 2-quart container and stir to combine. Cover and refrigerate until chilled, about 1 1/2 hours. Just before serving, stir to recombine.
- Pour into glasses filled with ice, and garnish with a lime wedge. Alternatively, place 4 ounces of the margarita mixture in a cocktail shaker. Fill the shaker halfway with ice and shake vigorously until the outside is frosty, about 30 seconds.
- Pour the contents into a chilled margarita glass, garnish with a lime wedge, and serve. Repeat for the remaining margaritas.

Nutrition Facts



Properties

Glycemic Index:53.97, Glycemic Load:25.22, Inflammation Score:-10, Nutrition Score:11.941304533378%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 5.52mg, Hesperetin: 5.52mg, Hesperetin: 5.52mg, Hesperetin: 5.52mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg, Luteolin: 2.09mg Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg, Kaempferol: 2.1mg Quercetin: 0.48mg,

Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 748.29kcal (37.41%), Fat: 0.8g (1.23%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 41.99g (14%), Net Carbohydrates: 39.49g (14.36%), Sugar: 31.48g (34.97%), Cholesterol: 0mg (0%), Sodium: 14.71mg (0.64%), Alcohol: 84.7g (100%), Alcohol %: 12.64% (100%), Protein: 3.27g (6.54%), Vitamin C: 55.2mg (66.91%), Vitamin A: 2702.21IU (54.04%), Potassium: 615.04mg (17.57%), Copper: 0.29mg (14.54%), Magnesium: 52.78mg (13.2%), Vitamin B1: 0.19mg (12.41%), Manganese: 0.25mg (12.28%), Vitamin B6: 0.24mg (11.79%), Vitamin B5: 1.12mg (11.18%), Fiber: 2.49g (9.98%), Iron: 1.34mg (7.46%), Phosphorus: 74.39mg (7.44%), Vitamin B2: 0.12mg (7.23%), Vitamin B3: 1.15mg (5.76%), Folate: 21.06µg (5.26%), Zinc: 0.67mg (4.48%), Calcium: 42.83mg (4.28%), Vitamin E: 0.56mg (3.74%), Selenium: 2.47µg (3.53%), Vitamin K: 1.65µg (1.57%)