



Watermelon Margarita Ice Pops



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



57 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons granulated sugar
- ☐ 2 tablespoons juice of lime fresh
- ☐ 0.3 cup tequila
- ☐ 0.3 cup water
- ☐ 1.3 pounds seeded/seedless watermelon seedless chopped

Equipment

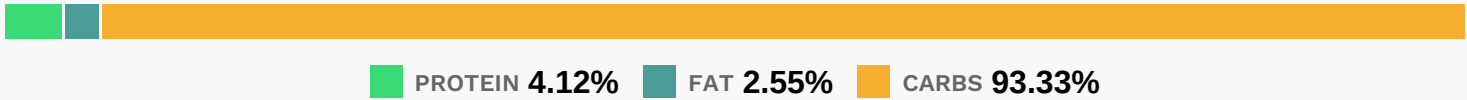
- ☐ sieve
- ☐ blender

 measuring cup

Directions

 Purée all ingredients in a blender until smooth, then strain through a fine-mesh sieve into a large measuring cup, pressing on and then discarding solids. Skim off any foam, then pour into molds. Freeze 30 minutes. Insert sticks, then freeze until firm, about 24 hours.

Nutrition Facts



Properties

Glycemic Index:19.97, Glycemic Load:6.93, Inflammation Score:-3, Nutrition Score:1.5656521864559%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 56.85kcal (2.84%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 10.15g (3.38%), Net Carbohydrates: 9.85g (3.58%), Sugar: 8.95g (9.94%), Cholesterol: 0mg (0%), Sodium: 1.27mg (0.06%), Alcohol: 2.51g (100%), Alcohol %: 3.38% (100%), Protein: 0.45g (0.9%), Vitamin C: 6.87mg (8.32%), Vitamin A: 405.15IU (8.1%), Potassium: 84.01mg (2.4%), Magnesium: 7.46mg (1.87%), Copper: 0.03mg (1.69%), Vitamin B6: 0.03mg (1.67%), Vitamin B1: 0.02mg (1.65%), Vitamin B5: 0.16mg (1.61%), Manganese: 0.03mg (1.46%), Fiber: 0.3g (1.19%)