



## Watermelon Margarita Ice Pops



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



15 min.

SERVINGS



8

CALORIES



57 kcal

DESSERT

### Ingredients

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

### Equipment

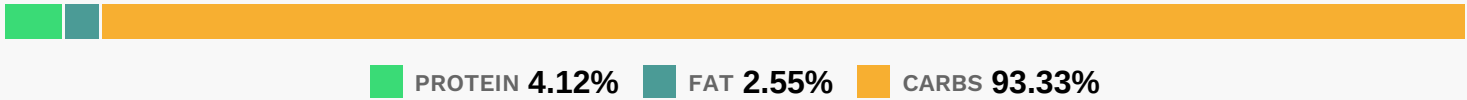
- ☐ sieve
- ☐ blender

 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%)