



Watermelon Margarita Pops



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



130 kcal

DESSERT

Ingredients

- ☐ 3.5 inch whipped cream
- ☐ 6 lime
- ☐ 3 oz peanut butter cups
- ☐ 0.5 cup sugar
- ☐ 0.8 cup tequila
- ☐ 4 cups seeded/seedless watermelon seedless chopped

Equipment

- ☐ sieve

- ☐ blender
- ☐ aluminum foil
- ☐ measuring cup

Directions

- ☐ Grate zest from 1 lime to equal 1 tsp. Squeeze juice from limes to equal 1/2 cup. Process lime juice and watermelon in a blender until smooth.
- ☐ Pour through a fine wire-mesh strainer into a large measuring cup, discarding solids. Stir in tequila, sugar, and 1 tsp. lime zest, stirring until sugar dissolves.
- ☐ Pour mixture into paper cups.
- ☐ Cover each cup with aluminum foil; make a small slit in center, and insert 1 ice-cream spoon into each cup. Freeze 8 hours or until firm.

Nutrition Facts



Properties

Glycemic Index:21.06, Glycemic Load:9.45, Inflammation Score:-4, Nutrition Score:2.7373912727217%

Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 130.02kcal (6.5%), Fat: 2.41g (3.71%), Saturated Fat: 0.82g (5.15%), Carbohydrates: 19.74g (6.58%), Net Carbohydrates: 18.34g (6.67%), Sugar: 15.53g (17.25%), Cholesterol: 0.75mg (0.25%), Sodium: 27.3mg (1.19%), Alcohol: 5.01g (100%), Alcohol %: 5.51% (100%), Protein: 1.29g (2.58%), Vitamin C: 13.88mg (16.82%), Vitamin A: 312.13IU (6.24%), Fiber: 1.4g (5.6%), Potassium: 117.17mg (3.35%), Copper: 0.06mg (3.2%), Magnesium: 11.57mg (2.89%), Vitamin B1: 0.04mg (2.62%), Phosphorus: 24.39mg (2.44%), Vitamin B3: 0.48mg (2.39%), Iron: 0.42mg (2.33%), Vitamin B5: 0.23mg (2.33%), Vitamin B6: 0.04mg (2.24%), Calcium: 21.16mg (2.12%), Folate: 7.78µg (1.95%), Vitamin B2: 0.03mg (1.71%), Zinc: 0.19mg (1.27%), Manganese: 0.03mg (1.25%)