



Watermelon Margaritas



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



235 kcal

BEVERAGE

DRINK

Ingredients

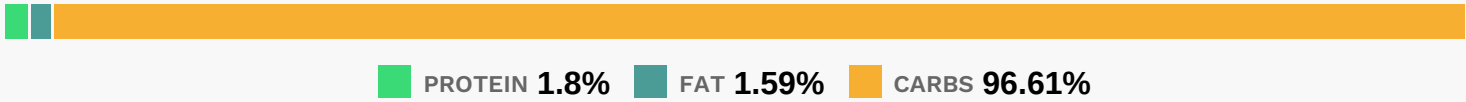
- ☐ 1 lime
- ☐ 0.3 cup liqueur orange-flavored (recommended: Cointreau)
- ☐ 4 servings salt for glass rims
- ☐ 0.8 cup tequila
- ☐ 0.3 cup triple sec
- ☐ 4 ounces watermelon diced seedless

Equipment

Directions

- ☐ Pour salt in a shallow dish for dipping the rims of the glasses. Dip 4 martini glasses in water and then dip the rims in salt.
- ☐ Place in the freezer to frost, about 30 minutes. In a martini shaker shake together the orange-liqueur, Triple Sec, and tequila.
- ☐ Remove glasses from the freezer. Fill the bottom of each glass with the diced watermelon and pour alcohol mixture over the top, dividing evenly among the glasses. Slice lime into wedges and squeeze into glasses.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.42, Glycemic Load:1.93, Inflammation Score:-4, Nutrition Score:1.2673912822552%

Flavonoids

Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg, Naringenin: 0.57mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 235.43kcal (11.77%), Fat: 0.12g (0.19%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 16.39g (5.46%), Net Carbohydrates: 15.81g (5.75%), Sugar: 14.46g (16.07%), Cholesterol: 0mg (0%), Sodium: 196.04mg (8.52%), Alcohol: 26.82g (100%), Alcohol %: 27.18% (100%), Caffeine: 3.84mg (1.28%), Protein: 0.3g (0.61%), Vitamin C: 7.17mg (8.69%), Vitamin A: 169.68IU (3.39%), Fiber: 0.58g (2.33%), Copper: 0.04mg (1.91%), Potassium: 54.2mg (1.55%), Vitamin B1: 0.02mg (1.18%), Manganese: 0.02mg (1.16%), Iron: 0.2mg (1.09%), Magnesium: 4.29mg (1.07%), Vitamin B6: 0.02mg (1.02%)