



Watermelon Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



104 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 lime wedges
- ☐ 2 tablespoons sugar
- ☐ 2 teaspoons sugar
- ☐ 0.5 cup tequila
- ☐ 1 tablespoon triple sec orange-flavored (liqueur)
- ☐ 3.5 cups watermelon cubed seeded

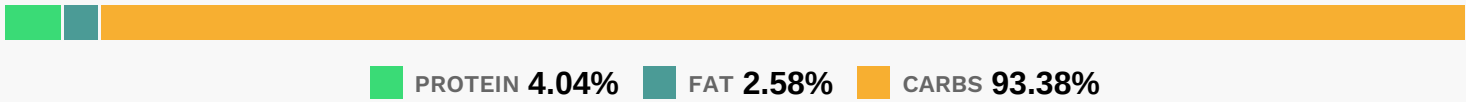
Equipment

☐ blender

Directions

- ☐ Place 2 teaspoons sugar in a saucer. Rub the rims of 6 glasses with 1 lime wedge; spin rim of each glass in sugar to coat. Set prepared glasses aside.
- ☐ Combine watermelon and next 4 ingredients (through Triple Sec) in a blender; process until smooth. Fill each prepared glass with 1/2 cup crushed ice.
- ☐ Add 1/2 cup margarita to each glass.
- ☐ Garnish with lime wedges or melon balls, if desired.

Nutrition Facts



Properties

Glycemic Index:43.64, Glycemic Load:8.53, Inflammation Score:-5, Nutrition Score:2.153913024327%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 103.81kcal (5.19%), Fat: 0.17g (0.26%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 13.76g (4.59%), Net Carbohydrates: 13.29g (4.83%), Sugar: 11.8g (13.11%), Cholesterol: 0mg (0%), Sodium: 1.55mg (0.07%), Alcohol: 7.33g (100%), Alcohol %: 7.32% (100%), Protein: 0.6g (1.19%), Vitamin C: 10.31mg (12.49%), Vitamin A: 509.76IU (10.2%), Potassium: 112.4mg (3.21%), Magnesium: 9.72mg (2.43%), Copper: 0.05mg (2.34%), Vitamin B1: 0.03mg (2.22%), Vitamin B6: 0.04mg (2.21%), Vitamin B5: 0.21mg (2.12%), Manganese: 0.04mg (1.98%), Fiber: 0.47g (1.87%), Iron: 0.25mg (1.39%), Vitamin B2: 0.02mg (1.32%), Phosphorus: 12.29mg (1.23%)