



Watermelon Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



167 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups ice cubes crushed
- ☐ 0.3 cup juice of lime ()
- ☐ 5 servings juice of lime
- ☐ 1 tablespoon orange liqueur
- ☐ 0.3 cup sugar
- ☐ 5 servings sugar
- ☐ 0.3 cup tequila
- ☐ 1 tablespoon vodka

☐

2 cups watermelon seeded chopped

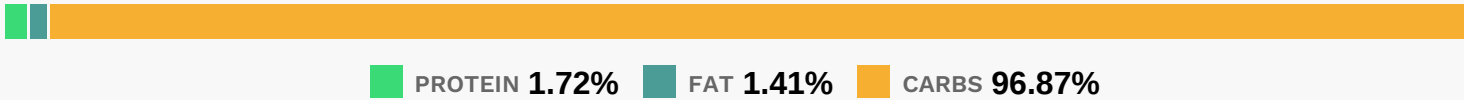
Equipment

- ☐ blender
- ☐ ziploc bags

Directions

- ☐ Coat rims of cocktail glasses with lime juice; dip in sugar.
- ☐ Process next 7 ingredients in a blender until slushy.
- ☐ Pour into prepared glasses.
- ☐ NOTE: To make ahead, place mixture into a large heavy-duty zip-top plastic bag; freeze up to 1 month.
- ☐ Let stand about 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:48.97, Glycemic Load:18.6, Inflammation Score:-4, Nutrition Score:2.4886956940527%

Flavonoids

Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg, Eriodictyol: 0.92mg Hesperetin: 3.78mg, Hesperetin: 3.78mg, Hesperetin: 3.78mg, Hesperetin: 3.78mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 166.6kcal (8.33%), Fat: 0.2g (0.31%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 31.01g (10.34%), Net Carbohydrates: 30.6g (11.13%), Sugar: 27.4g (30.45%), Cholesterol: 0mg (0%), Sodium: 6.83mg (0.3%), Alcohol: 7.13g (100%), Alcohol %: 3.74% (100%), Protein: 0.55g (1.1%), Vitamin C: 17.55mg (21.28%), Vitamin A: 367IU (7.34%), Potassium: 119.04mg (3.4%), Copper: 0.06mg (2.92%), Magnesium: 10.48mg (2.62%), Vitamin B6: 0.04mg (2.18%), Vitamin B1: 0.03mg (2.12%), Vitamin B5: 0.19mg (1.86%), Manganese: 0.04mg (1.75%), Fiber: 0.41g (1.65%), Folate: 6.03µg (1.51%), Vitamin B2: 0.02mg (1.44%), Phosphorus: 13.55mg (1.36%), Calcium: 13.24mg (1.32%), Iron: 0.2mg (1.13%)