

Watermelon-Mint Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



122 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 0.3 cup juice of lime fresh (3 limes)
- ☐ 10 servings juice of lime fresh
- ☐ 1 tablespoon lime rind grated
- ☐ 10 servings garnish: mint sprig fresh
- ☐ 0.3 cup sugar
- ☐ 10 servings sugar
- ☐ 0.5 cup tequila

☐

4 cups watermelon seeded chopped

Equipment

☐

baking sheet

☐

blender

Directions

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Place watermelon in a single layer on a baking sheet. Freeze 4 hours or until firm.

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Coat rims of cocktail glasses with lime juice; dip in sugar.

☐

Process frozen watermelon, tequila, and next 4 ingredients in a blender until slushy.

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Pour into glasses.

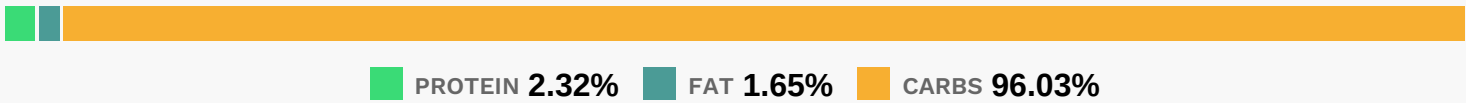
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Garnish, if desired.

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*1/2 cup orange or apple juice may be substituted for tequila.

Nutrition Facts



Properties

Glycemic Index:26.18, Glycemic Load:15.13, Inflammation Score:-4, Nutrition Score:2.6130434391291%

Flavonoids

Eriodictyol: 1.41mg, Eriodictyol: 1.41mg, Eriodictyol: 1.41mg, Eriodictyol: 1.41mg Hesperetin: 3.69mg, Hesperetin: 3.69mg, Hesperetin: 3.69mg, Hesperetin: 3.69mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 122kcal (6.1%), Fat: 0.19g (0.29%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 24.92g (8.31%), Net Carbohydrates: 24.35g (8.86%), Sugar: 21.35g (23.73%), Cholesterol: 0mg (0%), Sodium: 2.25mg (0.1%), Alcohol: 4.01g (100%), Alcohol %: 3.95% (100%), Protein: 0.6g (1.2%), Vitamin C: 16.55mg (20.06%), Vitamin A: 449.24IU (8.98%), Potassium: 122.85mg (3.51%), Manganese: 0.06mg (2.8%), Magnesium: 10.6mg (2.65%), Copper: 0.05mg (2.3%), Fiber: 0.56g (2.26%), Vitamin B6: 0.04mg (2.2%), Vitamin B1: 0.03mg (2.11%), Folate: 7.76µg (1.94%), Vitamin B5: 0.19mg (1.87%), Iron: 0.3mg (1.65%), Vitamin B2: 0.03mg (1.61%), Calcium: 14.53mg (1.45%), Phosphorus: 13.78mg

(1.38%)