



Watermelon Refresher

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup agave nectar
- 1 cup blueberries frozen
- 1 sprig mint leaves for garnish
- 1.5 cups tequila patron® (such as)
- 0.5 cup water
- 10 cups watermelon diced seeded

Equipment

- bowl

blender

Directions

- Blend the watermelon in a blender until smooth; pour into a large pitcher.
- Stir the water and agave nectar together in a small bowl; add to the watermelon. Stir the tequila into the watermelon mixture.
- Add the blueberries and garnish with the mint to serve.

Nutrition Facts

 **PROTEIN 4.99%**  **FAT 3.33%**  **CARBS 91.68%**

Properties

Glycemic Index:14.47, Glycemic Load:9.67, Inflammation Score:-7, Nutrition Score:4.02347827476%

Flavonoids

Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg, Cyanidin: 1.25mg Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg, Petunidin: 4.67mg Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg, Delphinidin: 5.24mg Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg, Malvidin: 10mg Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg, Catechin: 0.78mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg, Luteolin: 0.74mg Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

Nutrients (% of daily need)

Calories: 160kcal (8%), Fat: 0.31g (0.48%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 19.24g (6.41%), Net Carbohydrates: 18.25g (6.64%), Sugar: 15.88g (17.65%), Cholesterol: 0mg (0%), Sodium: 2.94mg (0.13%), Alcohol: 12.02g (100%), Alcohol %: 6.86% (100%), Protein: 1.05g (2.09%), Vitamin C: 15.03mg (18.21%), Vitamin A: 877.12IU (17.54%), Manganese: 0.12mg (5.78%), Potassium: 183.22mg (5.23%), Vitamin B6: 0.09mg (4.69%), Vitamin B1: 0.07mg (4.45%), Vitamin K: 4.66µg (4.44%), Copper: 0.08mg (4.14%), Magnesium: 16.36mg (4.09%), Fiber: 0.99g (3.94%), Vitamin B5: 0.35mg (3.55%), Vitamin B2: 0.05mg (3.05%), Iron: 0.43mg (2.4%), Phosphorus: 20.08mg (2.01%), Vitamin B3: 0.39mg (1.95%), Folate: 7.76µg (1.94%), Vitamin E: 0.23mg (1.55%), Zinc: 0.19mg (1.29%), Calcium: 12.2mg (1.22%), Selenium: 0.75µg (1.07%)