



Watermelon Sugar

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



113 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 jalapeno halved lengthwise
- 6 tablespoons juice of lime fresh
- 6 tablespoons simple syrup glaze
- 0.3 cup tequila
- 0.8 cup tequila

Equipment

- bowl
- sieve

potato masher

Directions

- Scrape stems, seeds, and veins from jalapeño into a small jar (reserve green flesh for another use).
- Add tequila; cover and let infuse for 15 minutes. Set a strainer over a small bowl.
- Pour tequila through strainer and discard solids.
- Place watermelon cubes in a large pitcher. Using a muddler or potato masher, coarsely crush watermelon. Stir in lime juice, Simple Syrup, mezcal, and jalapeño tequila. Stir in 2 cups ice. Cover and refrigerate until chilled, about 2 hours.
- Fill Old Fashioned glasses with ice. Divide cocktail among glasses and serve.

Nutrition Facts

PROTEIN 0.52% **FAT 0.27%** **CARBS 99.21%**

Properties

Glycemic Index: 7.75, Glycemic Load: 0.02, Inflammation Score: -1, Nutrition Score: 0.84347827279049%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg, Hesperetin: 1.01mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 112.97kcal (5.65%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.02%), Carbohydrates: 12.03g (4.01%), Net Carbohydrates: 11.94g (4.34%), Sugar: 11.24g (12.49%), Cholesterol: 0mg (0%), Sodium: 9.28mg (0.4%), Alcohol: 10.02g (100%), Alcohol %: 21.9% (100%), Protein: 0.06g (0.13%), Vitamin C: 5.45mg (6.61%), Iron: 0.57mg (3.15%), Vitamin B1: 0.02mg (1.65%)