



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 jalapeño halved lengthwise
- ☐ 6 tablespoons juice of lime fresh
- ☐ 6 tablespoons simple syrup glaze
- ☐ 0.3 cup gold tequila
- ☐ 0.8 cup tequila blanco

Equipment

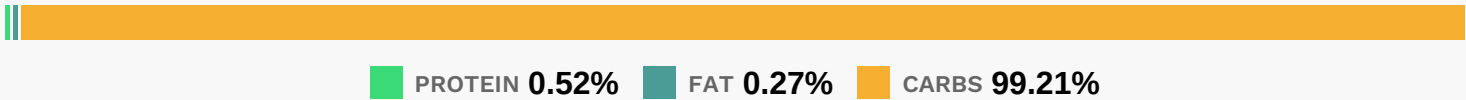
- ☐ bowl
- ☐ sieve

☐ potato masher

Directions

- ☐ Scrape stems, seeds, and veins fromjalapeño into a small jar (reserve green fleshfor another use).
- ☐ Add tequila; cover andlet infuse for 15 minutes. Set a strainer overa small bowl.
- ☐ Pour tequila through strainerand discard solids.
- ☐ Place watermelon cubes in a largepitcher. Using a muddler or potato masher,coarsely crush watermelon. Stir in limejuice, Simple Syrup, mezcal, and jalapeñotequila. Stir in 2 cups ice. Cover andrefrigerate until chilled, about 2 hours.
- ☐ Fill Old Fashioned glasses with ice. Divide cocktail among glasses and serve.

Nutrition Facts



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%)