

# Zapatos Nuevos

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



2

CALORIES



224 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 ounce agave nectar
- 2 basil for garnish
- 2 servings ice cubes
- 1 ounce juice of lime freshly squeezed
- 4 ounces tequila
- 2 cups watermelon (1 inch square)

## Equipment

- blender

## Directions

- Fill 2 tall glasses with ice and set aside.
- Place all of the measured ingredients in a blender and blend until smooth.
- Pour into the prepared glasses and garnish with the basil leaves.

## Nutrition Facts



**PROTEIN 4.02%** **FAT 2.72%** **CARBS 93.26%**

## Properties

Glycemic Index:87.33, Glycemic Load:9.74, Inflammation Score:-7, Nutrition Score:4.3034782979799%

## Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 224.15kcal (11.21%), Fat: 0.3g (0.47%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 23.51g (7.84%), Net Carbohydrates: 22.81g (8.29%), Sugar: 19.3g (21.45%), Cholesterol: 0mg (0%), Sodium: 5.75mg (0.25%), Alcohol: 18.94g (100%), Alcohol %: 8.18% (100%), Protein: 1.01g (2.02%), Vitamin C: 19.05mg (23.09%), Vitamin A: 893.07IU (17.86%), Potassium: 189.71mg (5.42%), Vitamin B6: 0.11mg (5.41%), Vitamin B1: 0.07mg (4.97%), Vitamin K: 5.09µg (4.84%), Copper: 0.09mg (4.57%), Magnesium: 17.29mg (4.32%), Manganese: 0.08mg (3.79%), Vitamin B5: 0.35mg (3.54%), Vitamin B2: 0.06mg (3.53%), Fiber: 0.7g (2.8%), Folate: 10.5µg (2.63%), Iron: 0.43mg (2.36%), Phosphorus: 21.34mg (2.13%), Vitamin B3: 0.4mg (2%), Vitamin E: 0.25mg (1.66%), Calcium: 15.15mg (1.52%), Zinc: 0.2mg (1.31%), Selenium: 0.86µg (1.23%)