

The Jaliscito (Alcoholic)

*Jill Wendbolt Silva - The Kanaas City Star
Palm Beach Post*

Servings: 6

*1/2 cup super-fine sugar
grated zest of one lime
1/3 cup (3 to 4 limes) lime juice
2 cups chopped watermelon
6 tablespoons tequila
2 tablespoons Grand Marnier*

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Put the sugar and lime zest in a saucepan with one cup of water. Place over low heat. Gently bring to a simmer, allowing the sugar to dissolve. Let bubble gently for 5 minutes, remove from the heat and pour in the lime juice.

Place the chopped watermelon in a food processor or blender. Add the lime syrup, tequila, Grand Marnier and agave nectar. Blitz until well combined.

Pour into a freezer-safe container. Cover and place in the freezer for up to six hours, giving it a good stir every two hours.

Remove from the freezer. Blitz in a food processor or blender. Pour into glasses. Allow to thaw a little (approximately 10 minutes) before serving.

This recipe makes slushes.

Per Serving (excluding unknown items): 54 Calories; trace Fat (0.9% calories from fat); trace Protein; 3g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 0 Fruit.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	54	Vitamin B6 (mg):	trace
% Calories from Fat:	0.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	97.2%	Thiamin B1 (mg):	trace
% Calories from Protein:	1.9%	Riboflavin B2 (mg):	trace
			1mcg

Total Fat (g): trace
Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 3g
Dietary Fiber (g): trace
Protein (g): trace
Sodium (mg): trace
Potassium (mg): 15mg
Calcium (mg): 1mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 4mg
Vitamin A (i.u.): 1IU
Vitamin A (r.e.): 0RE

Folacin (mcg):
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 50
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 54 Calories from Fat: 1

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	trace	0%
Total Carbohydrates	3g	1%
	Dietary Fiber trace	0%
Protein	trace	
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Vitamin A		0%
Vitamin C		7%
Calcium		0%
Iron		0%

* Percent Daily Values are based on a 2000 calorie diet.