



Adirondack Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



161 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cups apple juice
- ☐ 0.3 cup juice of lime
- ☐ 0.5 cup orange juice
- ☐ 1.5 cups tequila
- ☐ 0.5 cup triple sec

Equipment

Directions

☐ Mix all ingredients together in a 4-quart pitcher until thoroughly blended. Chill until ready to serve.

Nutrition Facts



PROTEIN 1.36% FAT 2.49% CARBS 96.15%

Properties

Glycemic Index:10.77, Glycemic Load:4.02, Inflammation Score:-2, Nutrition Score:1.3617391121452%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epicatechin: 3.5mg, Epicatechin: 3.5mg, Epicatechin: 3.5mg, Epicatechin: 3.5mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 160.82kcal (8.04%), Fat: 0.16g (0.25%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 14.01g (4.67%), Net Carbohydrates: 13.81g (5.02%), Sugar: 12.1g (13.45%), Cholesterol: 0mg (0%), Sodium: 4.53mg (0.2%), Alcohol: 15.09g (100%), Alcohol %: 13.6% (100%), Caffeine: 3.07mg (1.02%), Protein: 0.2g (0.4%), Vitamin C: 8.68mg (10.53%), Manganese: 0.07mg (3.32%), Potassium: 111.28mg (3.18%), Vitamin B1: 0.03mg (2.06%), Magnesium: 5.92mg (1.48%), Copper: 0.03mg (1.41%), Vitamin B2: 0.02mg (1.18%), Folate: 4.32µg (1.08%), Vitamin B6: 0.02mg (1.05%), Phosphorus: 10.31mg (1.03%)