



## Banana Margaritas

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



316 kcal

BEVERAGE

DRINK

### Ingredients

- 2 bananas
- 0.3 cup coarse granulated sugar
- 6 cups ice cubes
- 6 ounce limeade concentrate frozen canned
- 6 fluid ounces tequila
- 4 fluid ounces triple sec liqueur

### Equipment

- blender

## Directions

- Sugar the rims of 4 large margarita glasses. To do so, pour sugar onto a small plate, moisten the rims of the glasses on a damp towel and press them into the sugar.
- In a blender, combine tequila, limeade, triple sec and ice. Blend until smooth.
- Add bananas and blend again until smooth.
- Pour into glasses and serve.

## Nutrition Facts

 PROTEIN 1.58%  FAT 1.7%  CARBS 96.72%

## Properties

Glycemic Index:34.97, Glycemic Load:15.25, Inflammation Score:-4, Nutrition Score:3.1147826197355%

## Flavonoids

Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg, Catechin: 3.6mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 316.28kcal (15.81%), Fat: 0.32g (0.5%), Saturated Fat: 0.1g (0.61%), Carbohydrates: 41.29g (13.76%), Net Carbohydrates: 39.75g (14.46%), Sugar: 34.84g (38.71%), Cholesterol: 0mg (0%), Sodium: 22.54mg (0.98%), Alcohol: 22.5g (100%), Alcohol %: 5.25% (100%), Caffeine: 7.69mg (2.56%), Protein: 0.67g (1.35%), Vitamin B6: 0.22mg (10.93%), Manganese: 0.17mg (8.66%), Vitamin C: 6.45mg (7.82%), Copper: 0.13mg (6.58%), Potassium: 225.48mg (6.44%), Fiber: 1.53g (6.14%), Magnesium: 21.22mg (5.3%), Folate: 12.23µg (3.06%), Vitamin B2: 0.05mg (3.06%), Vitamin B3: 0.44mg (2.22%), Vitamin B5: 0.2mg (2.02%), Phosphorus: 16.95mg (1.7%), Vitamin B1: 0.02mg (1.53%), Calcium: 14.87mg (1.49%), Selenium: 0.8µg (1.14%), Iron: 0.2mg (1.08%), Zinc: 0.16mg (1.04%)