



Basic Margarita

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



198 kcal

BEVERAGE

DRINK

Ingredients

- 4 servings coarse salt
- 4 cups ice cubes
- 12 ounce limeade concentrate frozen canned
- 5 fluid ounces tequila
- 3 fluid ounces triple sec

Equipment

- blender

Directions

- Salt the rims of 2 large margarita glasses. To do so, pour salt onto a small plate, moisten the rims of the glasses on a damp towel and press them into the salt.
- In a blender combine tequila, triple sec and limeade concentrate. Fill blender with ice cubes. Blend until smooth.
- Pour into glasses, garnish with slice of lime and serve.

Nutrition Facts

PROTEIN 0.12% **FAT 0.79%** **CARBS 99.09%**

Properties

Glycemic Index:3.75, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.5347826121294%

Nutrients (% of daily need)

Calories: 197.92kcal (9.9%), Fat: 0.07g (0.1%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 18.87g (6.29%), Net Carbohydrates: 18.87g (6.86%), Sugar: 18.43g (20.47%), Cholesterol: 0mg (0%), Sodium: 210.31mg (9.14%), Alcohol: 18.11g (100%), Alcohol %: 6.02% (100%), Caffeine: 5.77mg (1.92%), Protein: 0.02g (0.04%), Copper: 0.07mg (3.41%), Vitamin C: 2.64mg (3.2%), Magnesium: 4.74mg (1.18%)