

Beer Margaritas

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



5

CALORIES



113 kcal

BEVERAGE

DRINK

Ingredients

- 1.8 cups limeade concentrate frozen thawed ()
- 1 serving kosher salt (coarse)
- 1 serving ice crushed
- 0.5 cup beer
- 0.5 cup tequila
- 5 slices lime

Equipment

- bowl

blender

Directions

Pour 1/4 cup of the limeade concentrate into small bowl.

Place salt on small plate. Dip rims of 5 rocks or margarita glasses into limeade and then into salt; set aside.

Fill blender with ice; add beer, tequila and remaining 1 1/2 cups limeade concentrate. Cover; blend until smooth.

Pour into salt-rimmed glasses.

Garnish with lime slice.

Nutrition Facts

PROTEIN 1.15% FAT 0.23% CARBS 98.62%

Properties

Glycemic Index:17.5, Glycemic Load:0.51, Inflammation Score:-2, Nutrition Score:0.68260868250028%

Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg, Hesperetin: 3.01mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg, Galliccatechin: 0.02mg

Nutrients (% of daily need)

Calories: 112.64kcal (5.63%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.01%), Carbohydrates: 13.49g (4.5%), Net Carbohydrates: 13.3g (4.84%), Sugar: 11.59g (12.88%), Cholesterol: 0mg (0%), Sodium: 42.69mg (1.86%), Alcohol: 8.94g (100%), Alcohol %: 8.01% (100%), Protein: 0.16g (0.32%), Vitamin C: 4.72mg (5.72%), Copper: 0.02mg (1.23%)