

## Blackberry Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



236 kcal

BEVERAGE

DRINK

### Ingredients



1 cup agave nectar 100%



12 ounces blackberries fresh



0.8 cup grand marnier



1.5 tablespoons granulated sugar



0.5 teaspoon kosher salt



1 lime



0.7 cup juice of lime fresh



0.5 cup sugar

☐ 1 cup water

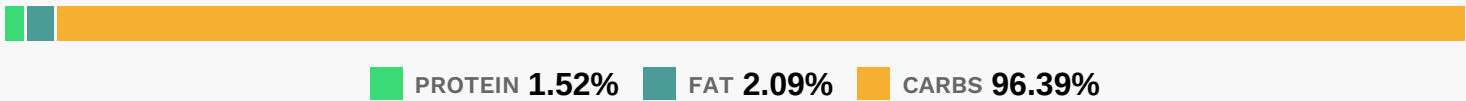
Equipment

- ☐ sieve
- ☐ blender
- ☐ microwave
- ☐ measuring cup
- ☐ cheesecloth

Directions

- ☐ Combine 1 1/2 tablespoons granulated sugar and kosher salt in a dish.
- ☐ Cut lime into 9 wedges; rub rims of 8 glasses with 1 lime wedge. Dip rims of glasses in salt mixture.
- ☐ Combine water and 1/2 cup sugar in a microwave–safe glass measuring cup. Microwave at HIGH 2 1/2 minutes, stirring to dissolve sugar; cool.
- ☐ Combine syrup, tequila, Grand Marnier, fresh lime juice, and blackberries in a blender; process until smooth. Strain mixture through a cheesecloth–lined sieve over a pitcher; discard solids.
- ☐ Serve over ice.
- ☐ Garnish with remaining lime wedges.

Nutrition Facts



Properties

Glycemic Index:26.52, Glycemic Load:14.1, Inflammation Score:-4, Nutrition Score:4.9656521911206%

Flavonoids

Cyanidin: 42.5mg, Cyanidin: 42.5mg, Cyanidin: 42.5mg, Cyanidin: 42.5mg Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg, Pelargonidin: 0.19mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 15.76mg, Catechin: 15.76mg, Catechin: 15.76mg, Catechin: 15.76mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.98mg, Epicatechin: 1.98mg, Epicatechin: 1.98mg, Epicatechin: 1.98mg Epigallocatechin 3–gallate: 0.29mg,

Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg, Epigallocatechin 3–gallate: 0.29mg  
Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 5.41mg, Hesperetin:  
5.41mg, Hesperetin: 5.41mg, Hesperetin: 5.41mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg,  
Naringenin: 0.36mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin:  
0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.66mg, Quercetin: 1.66mg,  
Quercetin: 1.66mg, Quercetin: 1.66mg

Nutrients (% of daily need)

Calories: 236.02kcal (11.8%), Fat: 0.48g (0.73%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 49.49g (16.5%), Net  
Carbohydrates: 46.87g (17.04%), Sugar: 43.1g (47.89%), Cholesterol: 0mg (0%), Sodium: 150.83mg (6.56%),  
Alcohol: 5.75g (100%), Alcohol %: 4.41% (100%), Caffeine: 5.75mg (1.92%), Protein: 0.78g (1.56%), Vitamin C:  
22.09mg (26.78%), Manganese: 0.29mg (14.26%), Vitamin K: 14.78µg (14.07%), Fiber: 2.62g (10.5%), Vitamin E:  
0.83mg (5.53%), Folate: 21.57µg (5.39%), Copper: 0.1mg (4.91%), Vitamin B6: 0.09mg (4.42%), Vitamin B2: 0.07mg  
(3.92%), Vitamin B1: 0.05mg (3.37%), Potassium: 109.09mg (3.12%), Magnesium: 11.86mg (2.96%), Vitamin B3:  
0.54mg (2.71%), Vitamin A: 105.27IU (2.11%), Iron: 0.38mg (2.1%), Calcium: 19.54mg (1.95%), Zinc: 0.26mg (1.77%),  
Vitamin B5: 0.16mg (1.6%), Phosphorus: 15.29mg (1.53%), Selenium: 0.85µg (1.21%)