



Blackberry-Poblano Margarita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



74 kcal

BEVERAGE

DRINK

Ingredients



1 tablespoon blackberries fresh



1 tablespoon poblano pepper diced



1 ounce tequila



0.8 ounce frangelico



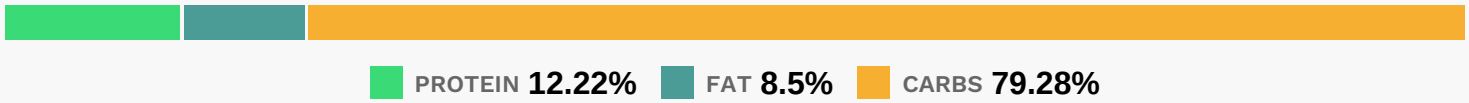
0.8 ounce frangelico

Equipment

Directions

- ☐ In a cocktail shaker, muddle the blackberries and poblano peppers. Shake with the tequila, Cointreau, and ice. Strain into a martini glass.
- ☐ If working with fresh blackberries, raspberries, or blueberries, to avoid pulp or seeds in your glass, strain before serving. Blackberries not in season? Use frozen berries.
- ☐ From Spice & Ice: 60 Tongue-Tingling Cocktails by Kara Newman. Text copyright © 2009 by Kara Newman; photographs copyright © 2009 by Antonis Achilleos. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:0.19, Inflammation Score:-2, Nutrition Score:1.7269565184479%

Flavonoids

Cyanidin: 14.78mg, Cyanidin: 14.78mg, Cyanidin: 14.78mg, Cyanidin: 14.78mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 5.48mg, Catechin: 5.48mg, Catechin: 5.48mg, Catechin: 5.48mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 73.71kcal (3.69%), Fat: 0.09g (0.14%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 0.91g (0.33%), Sugar: 0.94g (1.05%), Cholesterol: 0mg (0%), Sodium: 0.71mg (0.03%), Alcohol: 9.47g (100%), Alcohol %: 22.89% (100%), Protein: 0.29g (0.57%), Vitamin C: 10.58mg (12.83%), Manganese: 0.11mg (5.6%), Fiber: 0.94g (3.77%), Vitamin K: 3.62µg (3.44%), Copper: 0.04mg (1.82%), Vitamin E: 0.21mg (1.38%), Vitamin A: 66.05IU (1.32%), Vitamin B6: 0.03mg (1.28%), Potassium: 40.8mg (1.17%), Folate: 4.63µg (1.16%)