



Blackberry-Thyme Margarita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



361 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 tablespoons agave nectar blue 100%
- ☐ 16 large blackberries fresh divided
- ☐ 2 cups ice cubes divided
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.3 cup simple syrup glaze
- ☐ 0.3 cup sparkling wine chilled
- ☐ 4 small thyme sprigs fresh divided
- ☐ 1 tablespoon orange liqueur

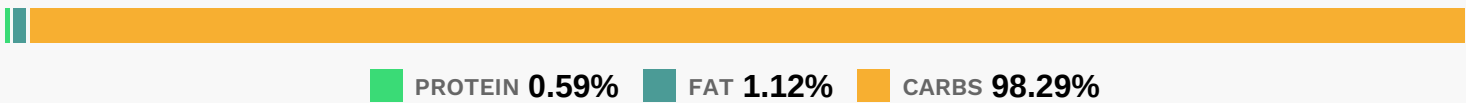
Equipment

- ☐ bowl
- ☐ wooden spoon
- ☐ measuring cup

Directions

- ☐ Place 14 blackberries and 2 thyme sprigs in medium bowl. Press firmly on solids with muddler or back of wooden spoon until mashed.
- ☐ Mix in tequila, Simple Syrup, lime juice, and Cointreau, then 1 cup ice. Stir to blend well. Strain into large glass measuring cup.
- ☐ Mix in sparkling wine. Divide remaining ice between 2 tall glasses.
- ☐ Pour Margarita mixture over.
- ☐ Garnish each with 1 blackberry and 1 thyme sprig.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:7.47, Inflammation Score:-9, Nutrition Score:6.041739202064%

Flavonoids

Cyanidin: 15.99mg, Cyanidin: 15.99mg, Cyanidin: 15.99mg, Cyanidin: 15.99mg 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: 5.93mg, Catechin: 5.93mg, Catechin: 5.93mg, Catechin: 5.93mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg, Epicatechin: 0.75mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 360.7kcal (18.03%), Fat: 0.43g (0.67%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 85.62g (28.54%), Net Carbohydrates: 84.28g (30.65%), Sugar: 77.59g (86.21%), Cholesterol: 0mg (0%), Sodium: 42.24mg (1.84%), Alcohol: 3.84g (100%), Alcohol %: 1.16% (100%), Protein: 0.51g (1.03%), Vitamin C: 24.02mg (29.12%), Vitamin K: 17.48µg (16.65%), Iron: 2.16mg (12.02%), Vitamin B1: 0.14mg (9.45%), Vitamin B2: 0.15mg (8.83%), Vitamin B6: 0.17mg (8.68%), Manganese: 0.15mg (7.31%), Folate: 26.34µg (6.59%), Vitamin E: 0.85mg (5.69%), Fiber: 1.34g (5.38%), Copper: 0.1mg (5.09%), Magnesium: 18.58mg (4.65%), Potassium: 121.69mg (3.48%), Vitamin B3: 0.69mg (3.44%), Calcium: 31.82mg (3.18%), Vitamin A: 140.51IU (2.81%), Selenium: 1.53µg (2.19%), Zinc: 0.27mg (1.83%), Phosphorus: 17.67mg (1.77%)