



Blue Margaritas



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



165 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup curaçao liqueur blue
- ☐ 2 tablespoons juice of lime
- ☐ 10 ounce margarita cocktail frozen canned
- ☐ 0.8 cup tequila

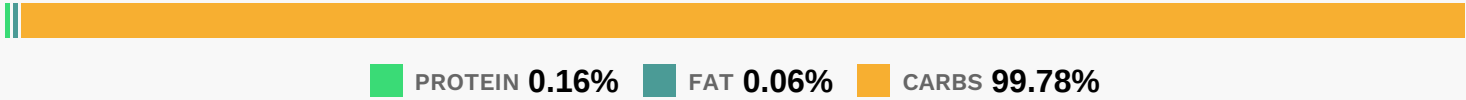
Equipment

- ☐ blender

Directions

- ☐
- Combine all ingredients in a blender. Fill with ice to 5-cup level, and process until smooth.
- ☐
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.2173913071013%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 164.6kcal (8.23%), Fat: 0g (0.01%), Saturated Fat: 0g (0%), Carbohydrates: 15.47g (5.16%), Net Carbohydrates: 15.44g (5.62%), Sugar: 14.23g (15.81%), Cholesterol: 0mg (0%), Sodium: 40.74mg (1.77%), Alcohol: 15.57g (100%), Alcohol %: 17.85% (100%), Protein: 0.03g (0.05%), Vitamin C: 1.8mg (2.18%)