



Champagne Mango Margaritas



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



161 kcal

BEVERAGE

DRINK

Ingredients



3 chilies dried



1 cup ice cubes



0.5 teaspoon kosher salt divided



0.3 cup juice of lime fresh



1 lime wedges



0.3 cup apricot-mango nectar



3 cups mangos frozen peeled seeded chopped



0.5 cup orange juice fresh

- ☐ 0.4 teaspoon sugar
- ☐ 2 tablespoons sugar
- ☐ 0.5 cup tequila
- ☐ 0.3 cup triple sec
- ☐ 2 tablespoons water

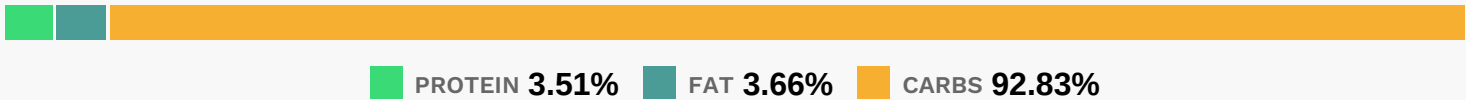
Equipment

- ☐ blender
- ☐ microwave
- ☐ measuring cup

Directions

- ☐ Combine 2 tablespoons water and 2 tablespoons sugar in a microwave-safe glass measuring cup; microwave at HIGH 2 minutes. Stir until sugar dissolves.
- ☐ Combine sugar mixture, orange juice, and next 6 ingredients (through chiles) in a blender, and process until smooth.
- ☐ Add ice to blender; pulse to combine. Stir in 1/8 teaspoon salt. Chill in refrigerator 30 minutes, stirring after 15 minutes.
- ☐ Combine remaining salt and 3/8 teaspoon sugar in a saucer. Rub the rims of 6 glasses with 1 lime wedge; spin rim of each glass in salt mixture to coat. Fill each glass with about 2/3 cup margarita.

Nutrition Facts



Properties

Glycemic Index:48.49, Glycemic Load:9.86, Inflammation Score:-7, Nutrition Score:6.3717390480249%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg, Catechin: 1.42mg Eriodictyol:

0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 4.66mg, Hesperetin: 4.66mg, Hesperetin: 4.66mg, Hesperetin: 4.66mg Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 161.21kcal (8.06%), Fat: 0.43g (0.66%), Saturated Fat: 0.1g (0.6%), Carbohydrates: 24.63g (8.21%), Net Carbohydrates: 23.04g (8.38%), Sugar: 22.07g (24.52%), Cholesterol: 0mg (0%), Sodium: 199.08mg (8.66%), Alcohol: 9.24g (100%), Alcohol %: 5.68% (100%), Protein: 0.93g (1.86%), Vitamin C: 45.93mg (55.67%), Vitamin A: 1079.12IU (21.58%), Folate: 43.78µg (10.95%), Fiber: 1.59g (6.36%), Copper: 0.12mg (6.16%), Potassium: 205.45mg (5.87%), Vitamin B6: 0.12mg (5.77%), Vitamin E: 0.81mg (5.4%), Vitamin K: 3.92µg (3.73%), Vitamin B3: 0.7mg (3.51%), Manganese: 0.07mg (3.39%), Magnesium: 12.79mg (3.2%), Vitamin B1: 0.05mg (3.15%), Vitamin B2: 0.05mg (2.69%), Vitamin B5: 0.23mg (2.3%), Phosphorus: 19.01mg (1.9%), Calcium: 17.23mg (1.72%), Iron: 0.27mg (1.5%)