

Classic Frozen Margarita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



5

CALORIES



199 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup agave nectar
- ☐ 0.8 cup juice of lime
- ☐ 0.5 cup orange juice
- ☐ 0.7 cup tequila
- ☐ 0.3 cup triple sec
- ☐ 0.3 cup water

Equipment

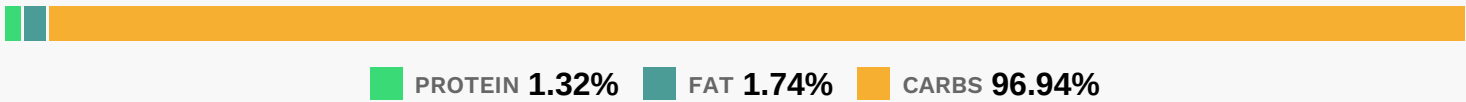
- ☐ blender

ice cube tray

Directions

- Combine triple sec, lime juice, water, orange juice, and agave in a pitcher.
- Pour into an ice cube tray; freeze until just firm.
- Transfer ice cubes and tequila to a blender; blend until smooth. Divide among 5 glasses.

Nutrition Facts



Properties

Glycemic Index:16.4, Glycemic Load:3.83, Inflammation Score:-3, Nutrition Score:3.0765216544918%

Flavonoids

Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg, Eriodictyol: 0.84mg Hesperetin: 6.22mg, Hesperetin: 6.22mg, Hesperetin: 6.22mg, Hesperetin: 6.22mg Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg, Naringenin: 0.67mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 198.7kcal (9.93%), Fat: 0.21g (0.32%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 26.24g (8.75%), Net Carbohydrates: 26g (9.46%), Sugar: 21.46g (23.84%), Cholesterol: 0mg (0%), Sodium: 3.71mg (0.16%), Alcohol: 13.76g (100%), Alcohol %: 12.57% (100%), Caffeine: 3.07mg (1.02%), Protein: 0.36g (0.72%), Vitamin C: 27.03mg (32.76%), Vitamin K: 5.19µg (4.95%), Folate: 17.67µg (4.42%), Vitamin B1: 0.06mg (4.04%), Vitamin B6: 0.08mg (3.78%), Vitamin B2: 0.05mg (3.05%), Potassium: 97.13mg (2.78%), Vitamin E: 0.31mg (2.04%), Copper: 0.04mg (1.8%), Vitamin B3: 0.32mg (1.62%), Magnesium: 6.32mg (1.58%), Vitamin A: 67.75IU (1.36%), Phosphorus: 11.51mg (1.15%)