

Coconut Margarita

 Vegetarian  Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



223 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup chocolate liqueur white
- 0.3 cup coconut shavings shredded finely
- 0.5 cup malibu coconut rum
- 2.5 cups coconut water chilled
- 4 servings ice cubes for serving
- 1 tablespoon juice of lime
- 0.5 cup sugar
- 0.3 cup tequila

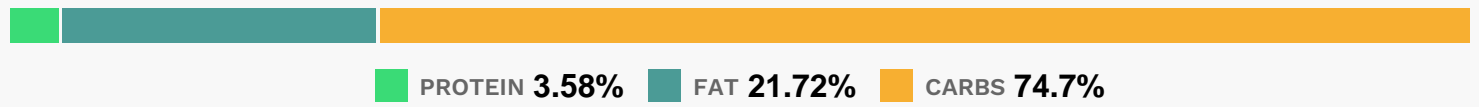
Equipment

pot

Directions

- Watch how to make this recipe.
- In a small pot over medium heat, combine 1/2 cup coconut water with the sugar.
- Heat until the sugar has dissolved.
- Remove from the heat, add the lime juice and let cool to room temperature, about 20 minutes.
- Place the coconut shavings on a small plate. Dip the rims of 4 margarita glasses into the coconut simple syrup just to dampen. Invert the glasses onto the coconut to coat the rims. Fill the glasses with ice.
- In a pitcher, combine the remaining 2 cups coconut water, the rum, white chocolate liqueur, tequila and 1/4 cup of the coconut simple syrup. Stir and pour into the rimmed glasses.

Nutrition Facts



Properties

Glycemic Index:55.02, Glycemic Load:23.04, Inflammation Score:-3, Nutrition Score:4.1630434536416%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 222.51kcal (11.13%), Fat: 4.71g (7.24%), Saturated Fat: 3.35g (20.94%), Carbohydrates: 36.42g (12.14%), Net Carbohydrates: 34.29g (12.47%), Sugar: 34.11g (37.9%), Cholesterol: 1.73mg (0.58%), Sodium: 169.2mg (7.36%), Alcohol: 5.01g (100%), Alcohol %: 2.17% (100%), Protein: 1.75g (3.49%), Manganese: 0.29mg (14.65%), Potassium: 421.58mg (12.05%), Magnesium: 40.95mg (10.24%), Fiber: 2.13g (8.53%), Vitamin B2: 0.12mg (6.8%), Vitamin C: 4.93mg (5.98%), Calcium: 55.57mg (5.56%), Phosphorus: 51.29mg (5.13%), Copper: 0.1mg (5.08%), Vitamin B1: 0.06mg (3.69%), Selenium: 2.53µg (3.61%), Iron: 0.6mg (3.32%), Vitamin B6: 0.06mg (2.84%), Zinc: 0.28mg (1.89%), Folate: 6.75µg (1.69%), Vitamin B5: 0.13mg (1.34%), Vitamin B3: 0.22mg (1.08%)