

Combiér Margarita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



273 kcal

BEVERAGE

DRINK

Ingredients



1 serving ice cubes



1 lime



0.8 ounce juice of lime



1 cranberry-orange relish



1 ounce orange liqueur or any triple sec



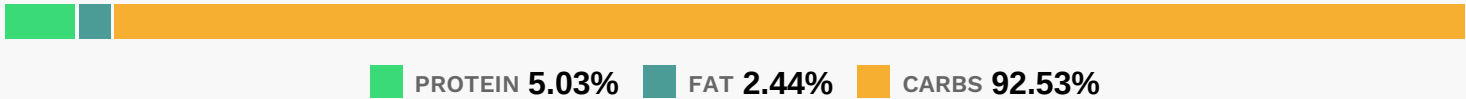
1.5 ounces tequila

Equipment

Directions

- ☐ Fill a cocktail shaker with ice.
- ☐ Add the lime juice, triple sec and tequila. Shake and strain into an ice-filled glass.
- ☐ Garnish with the citrus wheels and serve.

Nutrition Facts



Properties

Glycemic Index:89.5, Glycemic Load:6.88, Inflammation Score:-7, Nutrition Score:9.2173912991648%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 66.41mg, Hesperetin: 66.41mg, Hesperetin: 66.41mg, Hesperetin: 66.41mg Naringenin: 22.43mg, Naringenin: 22.43mg, Naringenin: 22.43mg, Naringenin: 22.43mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 272.53kcal (13.63%), Fat: 0.39g (0.6%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 33.41g (11.14%), Net Carbohydrates: 28.31g (10.29%), Sugar: 22.87g (25.41%), Cholesterol: 0mg (0%), Sodium: 7.26mg (0.32%), Alcohol: 21.57g (100%), Alcohol %: 7.9% (100%), Caffeine: 7.37mg (2.46%), Protein: 1.82g (3.64%), Vitamin C: 95.57mg (115.84%), Fiber: 5.11g (20.42%), Folate: 46.79µg (11.7%), Potassium: 339.68mg (9.71%), Vitamin B1: 0.14mg (9.54%), Calcium: 79.45mg (7.95%), Copper: 0.14mg (6.87%), Vitamin A: 338.88IU (6.78%), Vitamin B6: 0.12mg (5.8%), Magnesium: 20.23mg (5.06%), Vitamin B5: 0.5mg (4.99%), Vitamin B2: 0.07mg (4.36%), Phosphorus: 36.78mg (3.68%), Iron: 0.59mg (3.26%), Vitamin B3: 0.58mg (2.9%), Vitamin E: 0.43mg (2.87%), Manganese: 0.05mg (2.72%), Selenium: 1.03µg (1.47%), Zinc: 0.21mg (1.42%)