



## Cranberry-Lime Margaritas

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



**30 min.**

SERVINGS



**26**

CALORIES



**118 kcal**

BEVERAGE

DRINK

### Ingredients

- 1 cup sugar
- 1 cup water
- 1 cup juice of lime fresh
- 1.5 cups tequila
- 0.5 cup pear liqueur orange-flavored
- 64 oz cranberry juice cocktail (8 cups)
- 1 serving lime wedges
- 1 serving coarse salt (kosher or sea)

- 1 serving ice crushed
- 1 serving lime wedges

## Equipment

- sauce pan

## Directions

- In 1-quart saucepan, heat sugar and water over medium heat until sugar is dissolved.
- Remove from heat.
- Pour into large heatproof pitcher. Cover; refrigerate 20 minutes.
- Add lime juice, tequila, liqueur and cranberry juice cocktail to sugar syrup in pitcher; mix well. Refrigerate until serving time.
- Rub rims of margarita or lowball glasses with lime wedges, then dip rims in salt. Fill glasses with crushed ice; pour margarita mixture over ice.
- Garnish with lime wedges.

## Nutrition Facts

**PROTEIN 0.2%** **FAT 1.14%** **CARBS 98.66%**

## Properties

Glycemic Index:8.04, Glycemic Load:11.02, Inflammation Score:-2, Nutrition Score:2.0965216788261%

## Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg 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: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg, Quercetin: 1.58mg

## Nutrients (% of daily need)

Calories: 118.37kcal (5.92%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 19.66g (6.55%), Net Carbohydrates: 19.62g (7.14%), Sugar: 17.91g (19.9%), Cholesterol: 0mg (0%), Sodium: 9.71mg (0.42%), Alcohol: 6.46g (100%), Alcohol %: 7.16% (100%), Protein: 0.04g (0.08%), Vitamin C: 32.33mg (39.19%), Manganese: 0.04mg (1.9%), Vitamin E: 0.17mg (1.16%)