



## Cranberry Margarita

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



379 kcal

BEVERAGE

DRINK

### Ingredients

- 16 ounces cranberries fresh
- 3 ounces grand marnier
- 1 cup orange juice freshly squeezed
- 6 servings karo syrup light
- 1 cup sugar
- 9 ounce tequila your favorite

### Equipment

- sauce pan

- blender
- wax paper
- skewers

## Directions

- In a saucepan over medium heat, melt the cup of sugar in the orange juice.
- Add the cranberries, reserving some for the skewers, and cook over low heat for 10 minutes. Set aside and let it cool. Blend cranberries in a blender, then strain to make the puree
- In a shaker add crushed ice, 1 1/2 ounces of tequila, 1/2 ounce of Grand Marnier, 2 ounces of cranberry puree and shake to mix. Skewer several cranberries onto 10 skewer sticks but leave enough skewer exposed on one end. Lightly brush each cranberry skewer with Karo syrup and then sprinkle extra sugar over the cranberry skewers.
- Place the cranberry swizzle sticks on wax paper and place in the freezer to set.
- Pour drink into a sugar rimmed martini glass.
- Add a cranberry swizzle stick for garnish. Note: nutritional information does not include sugar on the rim.

## Nutrition Facts

**PROTEIN 1.68%** **FAT 1.08%** **CARBS 97.24%**

## Properties

Glycemic Index:30.35, Glycemic Load:28.32, Inflammation Score:-5, Nutrition Score:4.7995652173913%

## Flavonoids

Cyanidin: 35.1mg, Cyanidin: 35.1mg, Cyanidin: 35.1mg, Cyanidin: 35.1mg Delphinidin: 5.8mg, Delphinidin: 5.8mg, Delphinidin: 5.8mg, Delphinidin: 5.8mg Malvidin: 0.33mg, Malvidin: 0.33mg, Malvidin: 0.33mg, Malvidin: 0.33mg Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg, Pelargonidin: 0.24mg Peonidin: 37.16mg, Peonidin: 37.16mg, Peonidin: 37.16mg, Peonidin: 37.16mg Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg, Epigallocatechin 3-gallate: 0.73mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Kaempferol: 0.09mg, Kaempferol: 0.09mg,

Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 5.03mg, Myricetin: 5.03mg, Myricetin: 5.03mg, Myricetin: 5.03mg Quercetin: 11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg, Quercetin: 11.32mg

## Taste

Sweetness: 100%, Saltiness: 0.97%, Sourness: 17.94%, Bitterness: 8.06%, Savoriness: 2.92%, Fattiness: 1.57%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 378.62kcal (18.93%), Fat: 0.33g (0.51%), Saturated Fat: 0.03g (0.19%), Carbohydrates: 66.63g (22.21%), Net Carbohydrates: 63.83g (23.21%), Sugar: 57.03g (63.37%), Cholesterol: 0mg (0%), Sodium: 18.73mg (0.81%), Alcohol: 17.89g (99.38%), Caffeine: 3.69mg (1.23%), Protein: 1.15g (2.3%), Vitamin C: 31.25mg (37.88%), Manganese: 0.29mg (14.47%), Fiber: 2.8g (11.22%), Vitamin E: 1.01mg (6.76%), Potassium: 148.92mg (4.25%), Copper: 0.08mg (3.87%), Vitamin K: 3.82µg (3.64%), Folate: 13.16µg (3.29%), Vitamin B1: 0.05mg (3.29%), Vitamin B5: 0.3mg (3.02%), Vitamin B6: 0.06mg (3%), Vitamin A: 128.03IU (2.56%), Calcium: 25.07mg (2.51%), Magnesium: 9.51mg (2.38%), Vitamin B2: 0.04mg (2.19%), Phosphorus: 17.89mg (1.79%), Iron: 0.3mg (1.66%), Vitamin B3: 0.27mg (1.34%)