



## Cranberry Margaritas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



259 kcal

BEVERAGE

DRINK

### Ingredients

- 1.3 cups club soda chilled
- 6 servings garnishes: cranberries whole
- 1.5 cups cranberries fresh
- 0.8 cup 1/4 cup dried cranberry (juice sweetened if possible)
- 1 tablespoon 1/4 cup dried cranberry (juice sweetened if possible)
- 6 servings ice cubes
- 0.8 cup juice of lime fresh
- 0.3 cup orange juice fresh

- 0.5 cup orange liqueur (such as Triple Sec)
- 0.3 cup sugar
- 6 servings sugar
- 0.8 cup tequila

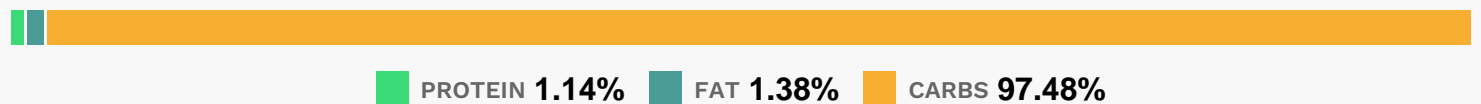
## Equipment

- sieve
- blender

## Directions

- Dip rims of 6 (8-oz.) glasses in 1 Tbsp. cranberry juice; dip rims in sugar to coat. Fill glasses with ice. Process cranberries, tequila, 3/4 cup cranberry juice, lime juice, orange liqueur, and 1/3 cup sugar in a blender 30 seconds.
- Pour mixture through a fine wire-mesh strainer into a large pitcher. Stir in chilled club soda and orange juice.
- Pour into prepared glasses.
- Garnish, if desired.
- \*Thawed frozen cranberries may be substituted.

## Nutrition Facts



## Properties

Glycemic Index:68.2, Glycemic Load:19.98, Inflammation Score:-4, Nutrition Score:3.0400000266407%

## Flavonoids

Cyanidin: 12.07mg, Cyanidin: 12.07mg, Cyanidin: 12.07mg, Cyanidin: 12.07mg Delphinidin: 1.99mg, Delphinidin: 1.99mg, Delphinidin: 1.99mg, Delphinidin: 1.99mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.78mg, Peonidin: 12.78mg, Peonidin: 12.78mg, Peonidin: 12.78mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-

gallate: 0.25mg Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 3.95mg, Hesperetin: 3.95mg, Hesperetin: 3.95mg, Hesperetin: 3.95mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg, Quercetin: 4.04mg

## **Nutrients (% of daily need)**

Calories: 258.72kcal (12.94%), Fat: 0.25g (0.39%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 40.26g (13.42%), Net Carbohydrates: 39.14g (14.23%), Sugar: 36.02g (40.02%), Cholesterol: 0mg (0%), Sodium: 17.17mg (0.75%), Alcohol: 15.13g (100%), Alcohol %: 6.88% (100%), Caffeine: 5.11mg (1.7%), Protein: 0.47g (0.94%), Vitamin C: 21.06mg (25.52%), Manganese: 0.11mg (5.53%), Vitamin E: 0.82mg (5.49%), Fiber: 1.11g (4.45%), Copper: 0.07mg (3.69%), Potassium: 111.08mg (3.17%), Vitamin K: 3.23µg (3.08%), Vitamin B6: 0.05mg (2.42%), Magnesium: 8.81mg (2.2%), Vitamin B1: 0.03mg (1.71%), Folate: 6.73µg (1.68%), Vitamin B2: 0.03mg (1.58%), Phosphorus: 15.67mg (1.57%), Calcium: 14.75mg (1.48%), Vitamin B5: 0.13mg (1.34%), Vitamin A: 66.75IU (1.33%), Iron: 0.23mg (1.3%), Zinc: 0.16mg (1.08%)