

Creamy Coconut Margarita

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

10 min.

SERVINGS

servings

6

CALORIES

calories

412 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 15 ounce cream of coconut coco lopez® canned (such as)
- ☐ 1 cup ice cubes
- ☐ 0.5 cup juice of lime freshly squeezed
- ☐ 0.3 cup brandy-based orange liqueur grand marnier® (such as)
- ☐ 0.8 cup tequila blue 100% sauza® (such as Agave)

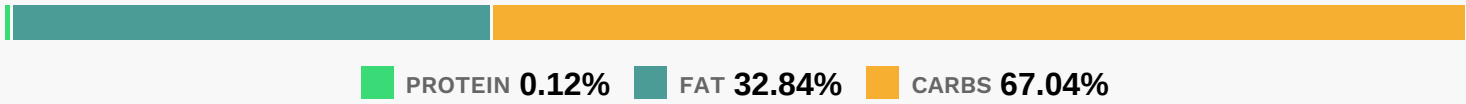
Equipment

- ☐ blender

Directions

☐ Blend cream of coconut, ice, tequila, lime juice, and orange liqueur in a blender until smooth.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.0547826160555%

Flavonoids

Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg, Hesperetin: 1.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 411.51kcal (20.58%), Fat: 11.86g (18.24%), Saturated Fat: 10.64g (66.52%), Carbohydrates: 54.48g (18.16%), Net Carbohydrates: 52.04g (18.92%), Sugar: 50.76g (56.4%), Cholesterol: 0mg (0%), Sodium: 38.9mg (1.69%), Alcohol: 12.58g (100%), Alcohol %: 9.36% (100%), Protein: 0.09g (0.19%), Fiber: 2.44g (9.76%), Vitamin C: 6.05mg (7.33%), Copper: 0.02mg (1.1%)