



Cucumber Margarita



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



351 kcal

BEVERAGE

DRINK

Ingredients

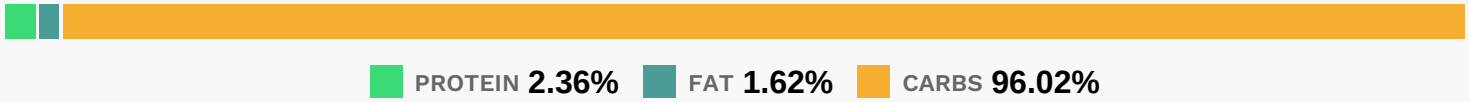
- ☐ 4 ounces agave nectar light
- ☐ 4 ounces chartreuse yellow
- ☐ 1 pound cucumber english peeled coarsely chopped
- ☐ 4 servings ice cubes
- ☐ 4 ounces juice of lime freshly squeezed (from 8 medium limes)
- ☐ 4 lime wedges for garnish
- ☐ 8 ounces tequila (blanco)

Equipment

Directions

- ☐ Place 4 cocktail glasses in the freezer to chill.
- ☐ Place the cucumber juice, tequila, agave nectar, lime juice, and Chartreuse in a 1-quart container and stir to combine.
- ☐ Place 7 ounces of the margarita mixture in a cocktail shaker. Fill the shaker halfway with ice and and shake vigorously until the outside of the shaker is frosty, about 30 seconds.
- ☐ Pour the contents into 1 of the chilled glasses, garnish with a lime wedge, and serve. Repeat to make 3 more margaritas.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:3.68, Inflammation Score:-5, Nutrition Score:5.3452173782432%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 10.28mg, Hesperetin: 10.28mg, Hesperetin: 10.28mg, Hesperetin: 10.28mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 351.35kcal (17.57%), Fat: 0.31g (0.47%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 41.05g (13.68%), Net Carbohydrates: 39.81g (14.48%), Sugar: 32.85g (36.5%), Cholesterol: 0mg (0%), Sodium: 7.7mg (0.33%), Alcohol: 34.54g (100%), Alcohol %: 13.3% (100%), Protein: 1.01g (2.02%), Vitamin C: 21.74mg (26.35%), Vitamin K: 25.25µg (24.05%), Vitamin B6: 0.13mg (6.54%), Potassium: 220.49mg (6.3%), Vitamin B2: 0.09mg (5.55%), Vitamin B1: 0.08mg (5.41%), Manganese: 0.11mg (5.39%), Folate: 20.72µg (5.18%), Fiber: 1.24g (4.96%), Magnesium: 18.93mg (4.73%), Copper: 0.09mg (4.46%), Phosphorus: 36.98mg (3.7%), Vitamin B5: 0.37mg (3.68%), Calcium: 30.02mg (3%), Vitamin A: 142.24IU (2.84%), Iron: 0.5mg (2.77%), Vitamin E: 0.41mg (2.76%), Zinc: 0.3mg (2%), Vitamin B3: 0.39mg (1.95%), Selenium: 0.92µg (1.32%)