



Cucumber Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



160 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 slices cucumber fresh
- ☐ 0.3 cup grand marnier
- ☐ 6 cups ice cubes
- ☐ 1 slices lime
- ☐ 0.5 cup juice of lime fresh
- ☐ 0.8 cup tequila reposado
- ☐ 0.5 cup cointreau
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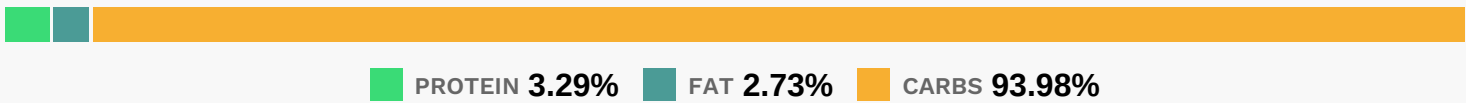
Equipment

☐ blender

Directions

- ☐ Combine cucumber and next 4 ingredients in a blender; process until smooth.
- ☐ Pour into glasses. Top each serving with a tablespoon of Grand Marnier, and garnish with lime.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:1.6408695863641%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 3.47mg, Hesperetin: 3.47mg, Hesperetin: 3.47mg, Hesperetin: 3.47mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 159.99kcal (8%), Fat: 0.1g (0.16%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 7.93g (2.64%), Net Carbohydrates: 7.62g (2.77%), Sugar: 5.58g (6.2%), Cholesterol: 0mg (0%), Sodium: 20.43mg (0.89%), Alcohol: 18.86g (100%), Alcohol %: 5.11% (100%), Caffeine: 3.84mg (1.28%), Protein: 0.28g (0.56%), Vitamin C: 10.26mg (12.43%), Copper: 0.1mg (4.82%), Magnesium: 9.04mg (2.26%), Potassium: 71.06mg (2.03%), Calcium: 18.55mg (1.85%), Vitamin K: 1.7µg (1.62%), Manganese: 0.03mg (1.58%), Folate: 6.11µg (1.53%), Fiber: 0.32g (1.27%), Vitamin B1: 0.02mg (1.19%), Vitamin B6: 0.02mg (1.17%), Phosphorus: 11.65mg (1.16%)