



Easy Margarita

 Vegetarian

READY IN



5 min.

SERVINGS



4

CALORIES



75 kcal

BEVERAGE

DRINK

Ingredients

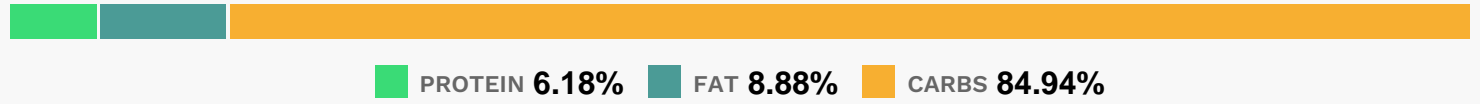
- 0.1 oz pkt. crystal on the go lemonade flavor drink mix light
- 1 oz juice of lime
- 0.1 oz pkt. crystal on the go classic orange flavor drink mix light
- 4 oz tequila
- 28 oz water cold

Equipment

Directions

- Add water to drink mixes in plastic or glass pitcher; stir until mixes are dissolved.
- Stir in tequila and lime juice.
- Serve over ice cubes in tall glasses.

Nutrition Facts



Properties

Glycemic Index:3.75, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.55173912611992%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg, Hesperetin: 0.64mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 74.95kcal (3.75%), Fat: 0.1g (0.16%), Saturated Fat: 0.04g (0.28%), Carbohydrates: 2.22g (0.74%), Net Carbohydrates: 2.18g (0.79%), Sugar: 1.5g (1.66%), Cholesterol: 0.22mg (0.07%), Sodium: 14.59mg (0.63%), Alcohol: 9.47g (100%), Alcohol %: 5.09% (100%), Protein: 0.16g (0.32%), Vitamin C: 2.55mg (3.09%), Copper: 0.04mg (2.1%), Magnesium: 5.86mg (1.46%)