



## Frozen Mango COCOritas

 Vegetarian  Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



4

CALORIES



160 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 tablespoons agave nectar light
- 1 oz clear honey orange-flavored
- 1.5 cups coconut water
- 1 slices lime for garnish
- 1 oz juice of lime fresh
- 1.5 cups mangos fresh chopped
- 3 oz tequila

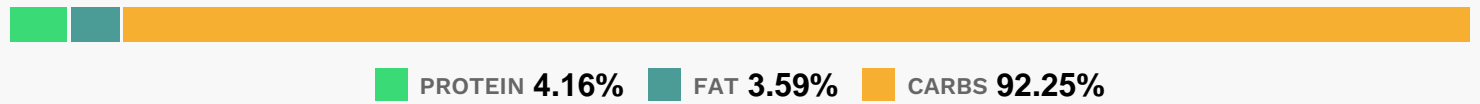
### Equipment

- blender
- ice cube tray

## Directions

- Pour coconut water into standard ice cube tray.
- Place in freezer until frozen, about 2 hours.
- In blender, add tequila, orange-flavored liqueur, lime juice, agave nectar and chopped mango. Cover; blend until smooth.
- Add coconut water ice cubes; blend until smooth.
- Pour into 4 glasses.
- Garnish as desired.

## Nutrition Facts



## Properties

Glycemic Index:55.26, Glycemic Load:9.87, Inflammation Score:-6, Nutrition Score:6.0660869245944%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 159.73kcal (7.99%), Fat: 0.47g (0.72%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 27.26g (9.09%), Net Carbohydrates: 25.17g (9.15%), Sugar: 23.93g (26.59%), Cholesterol: 0mg (0%), Sodium: 96.21mg (4.18%), Alcohol: 7.1g (100%), Alcohol %: 4.51% (100%), Protein: 1.23g (2.46%), Vitamin C: 29.14mg (35.32%), Vitamin A: 673.91IU (13.48%), Potassium: 343.56mg (9.82%), Manganese: 0.18mg (8.91%), Fiber: 2.09g (8.37%), Folate: 33.45µg (8.36%), Magnesium: 29.61mg (7.4%), Vitamin B6: 0.13mg (6.62%), Copper: 0.12mg (5.78%), Vitamin B2: 0.1mg (5.71%),

Vitamin K: 5.01µg (4.78%), Vitamin E: 0.68mg (4.53%), Vitamin B1: 0.06mg (4.05%), Calcium: 30.51mg (3.05%), Phosphorus: 29.21mg (2.92%), Vitamin B3: 0.58mg (2.92%), Iron: 0.42mg (2.36%), Selenium: 1.52µg (2.17%), Vitamin B5: 0.18mg (1.78%), Zinc: 0.18mg (1.19%)