

Fizzy Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



67 kcal

SIDE DISH

Ingredients

- ☐ 1 cup agave nectar light
- ☐ 2 cups ice cubes
- ☐ 1 slices lime
- ☐ 2 cups juice of lime fresh
- ☐ 2 cups no-sodium seltzer cold
- ☐ 4 cups no-sodium seltzer cold

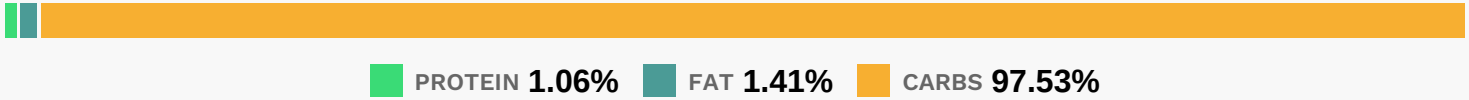
Equipment

- ☐ blender

Directions

- ☐ Working in batches, combine lime juice and agave nectar in a blender, then blend in 2 cups seltzer and ice.
- ☐ Transfer to a pitcher and stir in 4 more cups seltzer. Stir in tequila, if desired.
- ☐ Garnish with lime slices and serve cold.

Nutrition Facts



Properties

Glycemic Index:3.92, Glycemic Load:2.11, Inflammation Score:-1, Nutrition Score:1.9682608583699%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 67.09kcal (3.35%), Fat: 0.11g (0.17%), Saturated Fat: 0g (0.02%), Carbohydrates: 17.46g (5.82%), Net Carbohydrates: 17.25g (6.27%), Sugar: 13.16g (14.62%), Cholesterol: 0mg (0%), Sodium: 28.36mg (1.23%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 0.19g (0.38%), Vitamin C: 15.39mg (18.65%), Vitamin K: 4.37µg (4.16%), Vitamin B6: 0.06mg (2.92%), Folate: 9.58µg (2.39%), Vitamin B1: 0.03mg (2.17%), Vitamin B2: 0.04mg (2.14%), Vitamin E: 0.27mg (1.8%), Potassium: 50.88mg (1.45%), Copper: 0.03mg (1.32%), Calcium: 13.12mg (1.31%), Magnesium: 5.02mg (1.26%), Zinc: 0.16mg (1.05%)