



Fresh Fruit Margaritas

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



173 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup blueberries
- ☐ 6 servings strawberries and blueberries for garnish
- ☐ 0.5 cup cantaloupe balls
- ☐ 1 ounce champagne dry
- ☐ 0.5 cup honeydew melon balls
- ☐ 0.3 teaspoon lemon zest
- ☐ 1 tablespoon pecans chopped
- ☐ 0.5 cup milk ricotta cheese whole

- ☐ 0.5 cup strawberries sliced
- ☐ 2 tablespoons sugar substitute recommended: Splenda
- ☐ 2 tablespoons coconut or shredded unsweetened

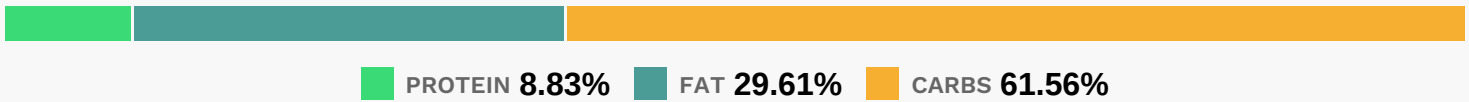
Equipment

- ☐ bowl

Directions

- ☐ In a bowl, mix together the ricotta and 1 tablespoon sugar substitute. In a separate bowl, combine the Champagne with the fruit and 1 tablespoon sugar substitute.
- ☐ Dampen the rims of 6 margarita glasses and roll in the shredded coconut to adhere around the rim.
- ☐ Place a couple tablespoons of fruit mixture in each glass, and top with a dollop of the ricotta mixture.
- ☐ Sprinkle with the lemon zest and pecans.
- ☐ To garnish, stick a frill or sword pick with a strawberry and a couple blueberries on it in the top. There's a 1 drink limit!

Nutrition Facts



Properties

Glycemic Index:45.75, Glycemic Load:9.2, Inflammation Score:-7, Nutrition Score:9.531739199939%

Flavonoids

Cyanidin: 13.6mg, Cyanidin: 13.6mg, Cyanidin: 13.6mg, Cyanidin: 13.6mg Petunidin: 49.27mg, Petunidin: 49.27mg, Petunidin: 49.27mg, Petunidin: 49.27mg Delphinidin: 55.51mg, Delphinidin: 55.51mg, Delphinidin: 55.51mg, Delphinidin: 55.51mg Malvidin: 105.59mg, Malvidin: 105.59mg, Malvidin: 105.59mg, Malvidin: 105.59mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 31.7mg, Peonidin: 31.7mg, Peonidin: 31.7mg, Peonidin: 31.7mg Catechin: 8.76mg, Catechin: 8.76mg, Catechin: 8.76mg, Catechin: 8.76mg Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg, Epicatechin: 1.03mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg

0.05mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg, Kaempferol: 2.66mg Myricetin: 2.04mg, Myricetin: 2.04mg, Myricetin: 2.04mg, Myricetin: 2.04mg Quercetin: 12.12mg, Quercetin: 12.12mg, Quercetin: 12.12mg, Quercetin: 12.12mg Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg, Gallocatechin: 0.19mg

Nutrients (% of daily need)

Calories: 172.71kcal (8.64%), Fat: 6.09g (9.38%), Saturated Fat: 3.31g (20.66%), Carbohydrates: 28.5g (9.5%), Net Carbohydrates: 23.7g (8.62%), Sugar: 19.63g (21.81%), Cholesterol: 10.54mg (3.51%), Sodium: 27.28mg (1.19%), Alcohol: 0.3g (100%), Alcohol %: 0.17% (100%), Protein: 4.09g (8.18%), Manganese: 0.73mg (36.3%), Vitamin C: 26.57mg (32.2%), Vitamin K: 31.52µg (30.02%), Fiber: 4.8g (19.2%), Vitamin A: 684.68IU (13.69%), Copper: 0.16mg (7.78%), Vitamin B2: 0.12mg (6.94%), Phosphorus: 68.83mg (6.88%), Potassium: 240.59mg (6.87%), Vitamin E: 0.99mg (6.62%), Vitamin B6: 0.13mg (6.31%), Vitamin B1: 0.09mg (5.9%), Calcium: 58.64mg (5.86%), Selenium: 4.09µg (5.84%), Magnesium: 21.3mg (5.32%), Folate: 20.14µg (5.04%), Zinc: 0.71mg (4.76%), Vitamin B3: 0.92mg (4.61%), Iron: 0.79mg (4.39%), Vitamin B5: 0.32mg (3.25%), Vitamin B12: 0.07µg (1.17%)