



Fresh Strawberry Marg-alrightas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



395 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 servings coarse salt
- 2 ice cubes
- 4 juice of lime ripe juiced for rimming and garnish
- 0.5 cup orange juice
- 2 pints strawberries ripe
- 8 tablespoons sugar
- 8 shots tequila

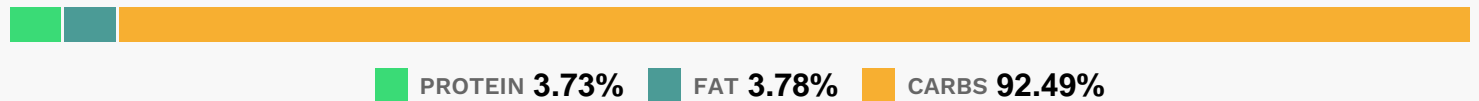
Equipment

blender

Directions

- Reserve 4 strawberries with tops for garnish and split them. Clean, dry, and trim remaining strawberries.
- Add all but the reserved strawberries to a blender. To that, add the juice of 1 ripe lime, 2 rounded tablespoons sugar, a splash of orange juice, 1/2 a tray of ice cubes and 2 shots of tequila. Blend on high speed until the drink is icy but smooth.
- Rim a cocktail glass with lime juice and dip rim in salt and pour in the frozen strawberry lime drink.
- Garnish glass with a wedge of lime and a split strawberry. Repeat with remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:44.27, Glycemic Load:23.77, Inflammation Score:-8, Nutrition Score:11.984347846197%

Flavonoids

Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg, Cyanidin: 3.97mg Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg, Petunidin: 0.26mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg, Pelargonidin: 58.79mg Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg, Peonidin: 0.12mg Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg, Catechin: 7.36mg Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg, Epigallocatechin: 1.85mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg, Epicatechin 3-gallate: 0.35mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.71mg, Eriodictyol: 0.71mg, Eriodictyol: 0.71mg, Eriodictyol: 0.71mg Hesperetin: 6.4mg, Hesperetin: 6.4mg, Hesperetin: 6.4mg, Hesperetin: 6.4mg Naringenin: 1.39mg, Naringenin: 1.39mg, Naringenin: 1.39mg, Naringenin: 1.39mg Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg, Kaempferol: 1.18mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg, Quercetin: 2.86mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 394.5kcal (19.73%), Fat: 0.87g (1.34%), Saturated Fat: 0.05g (0.28%), Carbohydrates: 47.82g (15.94%), Net Carbohydrates: 42.91g (15.6%), Sugar: 38.63g (42.92%), Cholesterol: 0mg (0%), Sodium: 198.54mg (8.63%), Alcohol: 29.63g (100%), Alcohol %: 8.99% (100%), Protein: 1.93g (3.86%), Vitamin C: 163.61mg (198.32%), Manganese: 0.94mg (47.02%), Fiber: 4.91g (19.66%), Folate: 69.08µg (17.27%), Potassium: 461.37mg (13.18%), Magnesium: 36.64mg (9.16%), Copper: 0.16mg (7.84%), Phosphorus: 69.8mg (6.98%), Vitamin B6: 0.14mg (6.79%), Vitamin B1: 0.1mg (6.5%), Iron: 1.11mg (6.16%), Vitamin B3: 1.09mg (5.46%), Vitamin K: 5.42µg (5.16%), Vitamin E: 0.76mg (5.1%), Calcium: 46.03mg (4.6%), Vitamin B2: 0.07mg (4.35%), Vitamin B5: 0.39mg (3.92%), Zinc: 0.41mg (2.73%), Vitamin A: 105.39IU (2.11%), Selenium: 1.15µg (1.65%)