



## Frosty Raspberry-Lime Margarita

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



228 kcal

BEVERAGE

DRINK

### Ingredients

- 4 cups ice cubes
- 2 ounces juice of lime fresh
- 4 ounces orange liqueur
- 2 cups raspberries fresh
- 0.3 cup sugar
- 6 ounces tequila

### Equipment

- blender

# Directions

Combine all ingredients in a blender. Blend until smooth.

# Nutrition Facts

 **PROTEIN 2.24%**  **FAT 3.36%**  **CARBS 94.4%**

## Properties

Glycemic Index:22.22, Glycemic Load:9.98, Inflammation Score:-4, Nutrition Score:3.7065217261729%

## Flavonoids

Cyanidin: 21.97mg, Cyanidin: 21.97mg, Cyanidin: 21.97mg, Cyanidin: 21.97mg Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg, Petunidin: 0.15mg Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg, Delphinidin: 0.63mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.47mg, Pelargonidin: 0.47mg, Pelargonidin: 0.47mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg, Epicatechin: 1.69mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

## Nutrients (% of daily need)

Calories: 227.57kcal (11.38%), Fat: 0.43g (0.66%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 27.25g (9.08%), Net Carbohydrates: 24.08g (8.76%), Sugar: 22.92g (25.47%), Cholesterol: 0mg (0%), Sodium: 12.46mg (0.54%), Alcohol: 17.26g (100%), Alcohol %: 6.86% (100%), Caffeine: 5.9mg (1.97%), Protein: 0.65g (1.29%), Vitamin C: 15.98mg (19.37%), Manganese: 0.33mg (16.71%), Fiber: 3.17g (12.66%), Copper: 0.09mg (4.68%), Vitamin K: 3.81µg (3.63%), Magnesium: 14.04mg (3.51%), Vitamin E: 0.44mg (2.95%), Folate: 11.21µg (2.8%), Potassium: 93.5mg (2.67%), Iron: 0.38mg (2.08%), Calcium: 19.63mg (1.96%), Phosphorus: 18.23mg (1.82%), Vitamin B5: 0.17mg (1.72%), Vitamin B3: 0.34mg (1.7%), Zinc: 0.25mg (1.68%), Vitamin B2: 0.03mg (1.56%), Vitamin B6: 0.03mg (1.55%), Vitamin B1: 0.02mg (1.41%)