



## Frozen Avocado Margaritas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



236 kcal

BEVERAGE

DRINK

### Ingredients

- 1 avocado diced pitted peeled
- 4 servings coarse salt to taste
- 1 sprig cilantro leaves fresh
- 2 cups ice cubes crushed
- 4 fluid ounces juice of lime
- 6 fluid ounces tequila
- 2 fluid ounces triple sec

### Equipment

blender

## Directions

- Place the ice, tequila, lime juice, triple sec, avocado, and cilantro into a blender, and blend until smooth.
- Pour into salt-rimmed margarita glasses to serve.

## Nutrition Facts



## Properties

Glycemic Index:21.75, Glycemic Load:0.37, Inflammation Score:-4, Nutrition Score:5.3908695410127%

## Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

## Nutrients (% of daily need)

Calories: 235.91kcal (11.8%), Fat: 7.45g (11.47%), Saturated Fat: 1.09g (6.8%), Carbohydrates: 11.56g (3.85%), Net Carbohydrates: 8.06g (2.93%), Sugar: 5.6g (6.22%), Cholesterol: 0mg (0%), Sodium: 205.67mg (8.94%), Alcohol: 18.66g (100%), Alcohol %: 9.16% (100%), Caffeine: 3.84mg (1.28%), Protein: 1.15g (2.31%), Vitamin C: 14.03mg (17.01%), Fiber: 3.5g (14%), Vitamin K: 12.28µg (11.7%), Folate: 43.97µg (10.99%), Potassium: 286.28mg (8.18%), Vitamin E: 1.12mg (7.45%), Vitamin B5: 0.74mg (7.37%), Vitamin B6: 0.14mg (7.08%), Copper: 0.14mg (6.94%), Vitamin B3: 0.95mg (4.74%), Magnesium: 18.7mg (4.67%), Manganese: 0.09mg (4.49%), Vitamin B2: 0.07mg (4.36%), Phosphorus: 33.17mg (3.32%), Vitamin B1: 0.04mg (2.98%), Zinc: 0.38mg (2.55%), Vitamin A: 121.89IU (2.44%), Iron: 0.34mg (1.89%), Calcium: 14.32mg (1.43%)