



Frozen Banana Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



8

CALORIES



171 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.8 cup banana liqueur
- ☐ 2 large bananas
- ☐ 6 ice cubes
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons juice of lime
- ☐ 0.5 cup tequila
- ☐ 0.3 cup triple sec orange-flavored (liqueur)

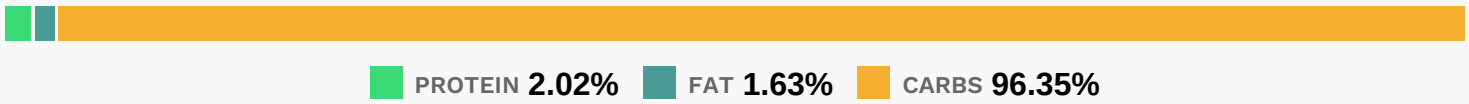
Equipment

☐ blender

Directions

- ☐ In the container of a blender, combine the lemon juice, lime juice, banana liqueur, tequila, triple sec, and bananas.
- ☐ Add ice cubes until the mixture reaches the 6 cup line. Cover and blend until smooth.
- ☐ Pour into margarita glasses to serve.

Nutrition Facts



Properties

Glycemic Index:8.72, Glycemic Load:3.76, Inflammation Score:-2, Nutrition Score:1.7556521866633%

Flavonoids

Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg, Catechin: 2.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg, Hesperetin: 0.88mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 170.78kcal (8.54%), Fat: 0.15g (0.22%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 18.48g (6.72%), Sugar: 15.29g (16.99%), Cholesterol: 0mg (0%), Sodium: 1.72mg (0.07%), Alcohol: 12.54g (100%), Alcohol %: 16.47% (100%), Protein: 0.41g (0.81%), Vitamin C: 5.53mg (6.71%), Vitamin B6: 0.13mg (6.4%), Manganese: 0.1mg (4.84%), Potassium: 132.48mg (3.79%), Fiber: 0.91g (3.64%), Magnesium: 10.03mg (2.51%), Folate: 7.93µg (1.98%), Copper: 0.04mg (1.8%), Vitamin B2: 0.03mg (1.61%), Vitamin B3: 0.25mg (1.24%), Vitamin B5: 0.12mg (1.23%)