



Frozen Blood Orange Margarita



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



337 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup blood orange juice
- ☐ 3 cups ice cubes
- ☐ 2 tablespoons juice of lemon 1 lemon
- ☐ 4 margarita glasses frozen
- ☐ 1 cup tequila white
- ☐ 1 cup triple sec

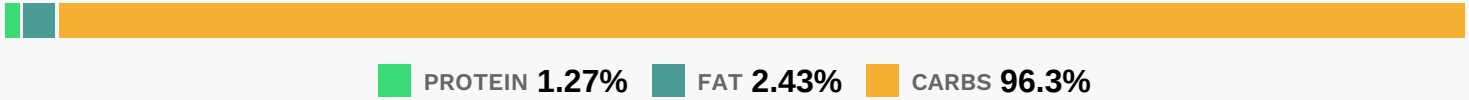
Equipment

- ☐ blender

Directions

- ☐ Combine the blood orange juice, lemon juice, Triple Sec, and ice in a blender and puree until completely blended.
- ☐ Add the tequila and puree for 2 seconds more.
- ☐ Pour the mixture into the frozen margarita glasses and serve.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:1.64, Inflammation Score:-5, Nutrition Score:2.0139130210585%

Flavonoids

Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg, Eriodictyol: 0.42mg Hesperetin: 4.79mg, Hesperetin: 4.79mg, Hesperetin: 4.79mg, Hesperetin: 4.79mg Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 336.8kcal (16.84%), Fat: 0.26g (0.4%), Saturated Fat: 0.07g (0.46%), Carbohydrates: 22.95g (7.65%), Net Carbohydrates: 22.87g (8.32%), Sugar: 22g (24.45%), Cholesterol: 0mg (0%), Sodium: 15.29mg (0.66%), Alcohol: 35.38g (100%), Alcohol %: 13.35% (100%), Caffeine: 15.34mg (5.11%), Protein: 0.3g (0.6%), Vitamin C: 18.4mg (22.31%), Copper: 0.08mg (3.97%), Folate: 10.8µg (2.7%), Potassium: 88.63mg (2.53%), Vitamin B1: 0.04mg (2.38%), Magnesium: 7.4mg (1.85%), Manganese: 0.03mg (1.3%), Vitamin A: 62.45IU (1.25%), Phosphorus: 11.81mg (1.18%), Vitamin B2: 0.02mg (1.17%), Vitamin B3: 0.22mg (1.12%)