



Frozen Blueberry Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



15

CALORIES



49 kcal

BEVERAGE

DRINK

Ingredients



2 cups blueberries fresh



3 cups ice cubes



6 ounce limeade concentrate frozen canned



0.3 cup orange liqueur



0.3 cup powdered sugar



0.3 cup tequila

Equipment

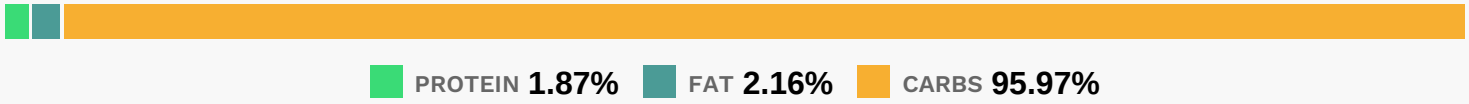


blender

Directions

- ☐
- Dip rims of margarita glasses in orange juice, and dip in sugar crystals to coat, if desired.
- ☐
- Process ice and next 5 ingredients in a blender until smooth.
- ☐
- Serve in prepared glasses.

Nutrition Facts



Properties

Glycemic Index:3.67, Glycemic Load:0.96, Inflammation Score:-1, Nutrition Score:0.81478261299755%

Flavonoids

Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg, Cyanidin: 1.67mg Petunidin: 6.22mg, Petunidin: 6.22mg, Petunidin: 6.22mg, Petunidin: 6.22mg Delphinidin: 6.99mg, Delphinidin: 6.99mg, Delphinidin: 6.99mg, Delphinidin: 6.99mg Malvidin: 13.34mg, Malvidin: 13.34mg, Malvidin: 13.34mg, Malvidin: 13.34mg Peonidin: 4mg, Peonidin: 4mg, Peonidin: 4mg, Peonidin: 4mg Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg, Catechin: 1.04mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 49.36kcal (2.47%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 7.69g (2.56%), Net Carbohydrates: 7.21g (2.62%), Sugar: 6.69g (7.44%), Cholesterol: 0mg (0%), Sodium: 3.31mg (0.14%), Alcohol: 2.8g (100%), Alcohol %: 3.96% (100%), Protein: 0.15g (0.3%), Vitamin K: 3.81µg (3.63%), Manganese: 0.07mg (3.41%), Vitamin C: 2.27mg (2.75%), Fiber: 0.47g (1.89%), Copper: 0.02mg (1.17%)