



Frozen Cranberry Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



1450 min.

SERVINGS



15

CALORIES



100 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 11.5 ounces cranberry juice cocktail concentrate frozen thawed canned
- ☐ 24 ounces lemon lime soda canned
- ☐ 0.3 cup juice of lime
- ☐ 1 cup tequila
- ☐ 5 cups water

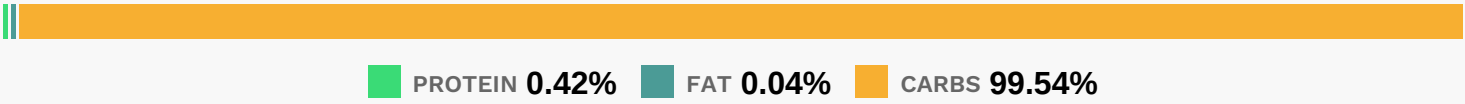
Equipment

- ☐ whisk

Directions

- ☐
- In 3-quart plastic container, beat all ingredients with wire whisk or spoon until well blended.
- ☐
- Cover and freeze at least 24 hours until slushy.
- ☐
- Serve in margarita or cocktail glasses.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.97391303831145%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 100.25kcal (5.01%), Fat: 0g (0%), Saturated Fat: 0g (0%), Carbohydrates: 16.25g (5.42%), Net Carbohydrates: 16.19g (5.89%), Sugar: 13.93g (15.47%), Cholesterol: 0mg (0%), Sodium: 9.59mg (0.42%), Alcohol: 5.34g (100%), Alcohol %: 4.08% (100%), Caffeine: 6.8mg (2.27%), Protein: 0.07g (0.14%), Vitamin C: 11.16mg (13.53%), Manganese: 0.03mg (1.7%), Vitamin B5: 0.11mg (1.11%), Copper: 0.02mg (1.07%)