



Frozen Cranberry Margaritos



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



5

CALORIES



125 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 5 servings ice cubes
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons orange liqueur
- ☐ 0.8 cup tequila
- ☐ 0.3 cup whole-berry cranberry sauce
- ☐ 10 oz mojito mix frozen canned
- ☐ 10 oz mojito mix frozen canned

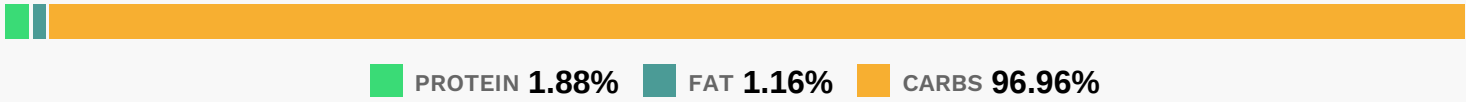
Equipment

☐ blender

Directions

- ☐ Combine first 5 ingredients in a blender. Fill blender with ice to 5-cup level, and process until smooth.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Triple Sec for orange liqueur.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.43652173585218%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 125.4kcal (6.27%), Fat: 0.04g (0.07%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 8.09g (2.7%), Net Carbohydrates: 7.92g (2.88%), Sugar: 6.49g (7.21%), Cholesterol: 0mg (0%), Sodium: 4.46mg (0.19%), Alcohol: 13.58g (100%), Alcohol %: 14.59% (100%), Protein: 0.16g (0.31%), Vitamin C: 1.94mg (2.35%), Copper: 0.02mg (1.21%)