



## Frozen Ginger-Peach Margarita

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



171 kcal

BEVERAGE

DRINK

### Ingredients

- 4 ounces ginger
- 3 cups ice cubes
- 3 ounces juice of lime freshly squeezed (from 6 medium limes)
- 2 ounces peaches
- 1.3 pounds peaches frozen sliced
- 10 ounces tequila such as el espòln or cazadores

### Equipment

- blender

## Directions

- Place all of the ingredients except the ice in a blender and blend on high until smooth.
- Add the ice, pushing it into the bottom of the pitcher, and blend on high until smooth.
- Serve immediately.

## Nutrition Facts



**PROTEIN 7.77%** **FAT 5.6%** **CARBS 86.63%**

## Properties

Glycemic Index:18.42, Glycemic Load:4.05, Inflammation Score:-5, Nutrition Score:3.9308695896812%

## Flavonoids

Cyanidin: 2mg, Cyanidin: 2mg, Cyanidin: 2mg, Cyanidin: 2mg Catechin: 5.11mg, Catechin: 5.11mg, Catechin: 5.11mg, Catechin: 5.11mg Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg, Epigallocatechin: 1.08mg Epicatechin: 2.43mg, Epicatechin: 2.43mg, Epicatechin: 2.43mg, Epicatechin: 2.43mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

## Nutrients (% of daily need)

Calories: 171.47kcal (8.57%), Fat: 0.43g (0.67%), Saturated Fat: 0.06g (0.37%), Carbohydrates: 15.05g (5.02%), Net Carbohydrates: 13.06g (4.75%), Sugar: 9.28g (10.31%), Cholesterol: 0mg (0%), Sodium: 22.64mg (0.98%), Alcohol: 15.78g (100%), Alcohol %: 6.61% (100%), Protein: 1.35g (2.7%), Vitamin C: 9.46mg (11.47%), Fiber: 1.99g (7.98%), Copper: 0.16mg (7.82%), Vitamin A: 345.96IU (6.92%), Potassium: 222.78mg (6.37%), Manganese: 0.12mg (5.89%), Vitamin E: 0.84mg (5.59%), Vitamin B3: 1.01mg (5.03%), Magnesium: 18.76mg (4.69%), Selenium: 2.33µg (3.33%), Phosphorus: 33.17mg (3.32%), Vitamin B6: 0.06mg (3.1%), Vitamin K: 3.22µg (3.07%), Iron: 0.5mg (2.77%), Vitamin B2: 0.04mg (2.51%), Folate: 9.73µg (2.43%), Vitamin B1: 0.04mg (2.4%), Zinc: 0.35mg (2.3%), Vitamin B5: 0.21mg (2.15%), Calcium: 12.72mg (1.27%)