



Frozen Mango Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



279 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup mint leaves fresh
- 1.5 cups ice cubes
- 3 tablespoons juice of lime fresh (from 3 large limes)
- 4 servings lime wedges for garnish
- 1 pound mangos frozen thawed for 15 minutes, at room temperature
- 0.5 cup sugar
- 0.8 cup tequila

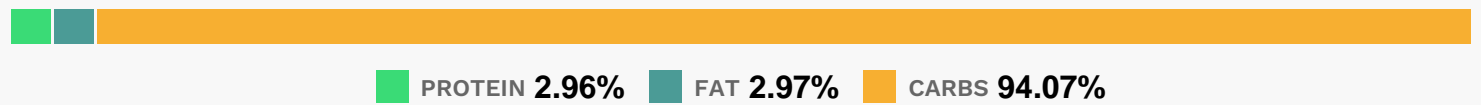
Equipment

- sauce pan
- sieve
- blender

Directions

- Watch how to make this recipe.
- In a small heavy saucepan, bring the mint, sugar and 1/2 cup water to a boil over medium heat. Stir until the sugar dissolves. Cool to room temperature.
- Strain the mint syrup through a fine mesh sieve into a blender. Press firmly on the mint leaves to release all of the syrup.
- Add the tequila, lime juice, mango and ice. Blend until pureed.
- Pour into chilled glasses.
- Garnish with lime wedges and serve.

Nutrition Facts



Properties

Glycemic Index:42.21, Glycemic Load:25.34, Inflammation Score:-8, Nutrition Score:8.8269566245701%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg, Catechin: 1.95mg Eriodictyol: 3.72mg, Eriodictyol: 3.72mg, Eriodictyol: 3.72mg Eriodictyol: 3.72mg Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg, Apigenin: 0.62mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 279.23kcal (13.96%), Fat: 0.63g (0.96%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 44.64g (14.88%), Net Carbohydrates: 41.85g (15.22%), Sugar: 40.69g (45.21%), Cholesterol: 0mg (0%), Sodium: 10mg (0.43%), Alcohol: 15.03g (100%), Alcohol %: 6.44% (100%), Protein: 1.41g (2.81%), Vitamin C: 48.52mg (58.81%), Vitamin A:

1710.99IU (34.22%), Folate: 62.79µg (15.7%), Fiber: 2.79g (11.15%), Manganese: 0.21mg (10.75%), Copper: 0.19mg (9.6%), Vitamin B6: 0.15mg (7.73%), Potassium: 270.1mg (7.72%), Vitamin E: 1.05mg (6.98%), Magnesium: 22.19mg (5.55%), Vitamin B3: 0.97mg (4.87%), Vitamin B2: 0.08mg (4.79%), Vitamin K: 4.84µg (4.61%), Calcium: 44.63mg (4.46%), Iron: 0.8mg (4.44%), Vitamin B1: 0.05mg (3.12%), Vitamin B5: 0.28mg (2.77%), Phosphorus: 27.64mg (2.76%), Zinc: 0.27mg (1.78%), Selenium: 0.85µg (1.21%)