



Frozen Mango COCOritas

 Gluten Free  Dairy Free

READY IN



130 min.

SERVINGS



4

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups coconut water
- 3 oz tequila
- 1 oz clear candies orange-flavored
- 1 oz juice of lime fresh
- 2 tablespoons agave nectar light
- 1.5 cups mangos fresh chopped
- 1 slices lime for garnish

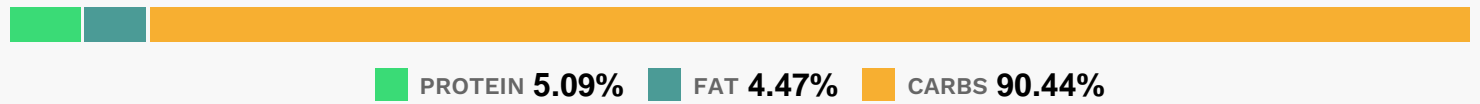
Equipment

- blender
- ice cube tray

Directions

- Pour coconut water into standard ice cube tray.
- Place in freezer until frozen, about 2 hours.
- In blender, add tequila, orange-flavored liqueur, lime juice, agave nectar and chopped mango. Cover; blend until smooth.
- Add coconut water ice cubes; blend until smooth.
- Pour into 4 glasses.
- Garnish as desired.

Nutrition Facts



Properties

Glycemic Index:42.19, Glycemic Load:6.83, Inflammation Score:-6, Nutrition Score:6.0034782420034%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg, Hesperetin: 1.39mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 138.19kcal (6.91%), Fat: 0.47g (0.72%), Saturated Fat: 0.22g (1.35%), Carbohydrates: 21.42g (7.14%), Net Carbohydrates: 19.34g (7.03%), Sugar: 18.12g (20.13%), Cholesterol: 0mg (0%), Sodium: 95.93mg (4.17%), Alcohol: 7.1g (100%), Alcohol %: 4.51% (100%), Protein: 1.21g (2.41%), Vitamin C: 29.1mg (35.28%), Vitamin A: 673.91IU (13.48%), Potassium: 339.87mg (9.71%), Manganese: 0.17mg (8.63%), Folate: 33.31µg (8.33%), Fiber: 2.08g (8.31%), Magnesium: 29.46mg (7.37%), Vitamin B6: 0.13mg (6.53%), Copper: 0.11mg (5.66%), Vitamin B2: 0.09mg (5.55%),

Vitamin K: 5.01µg (4.78%), Vitamin E: 0.68mg (4.53%), Vitamin B1: 0.06mg (4.05%), Calcium: 30.08mg (3.01%), Phosphorus: 28.93mg (2.89%), Vitamin B3: 0.57mg (2.87%), Iron: 0.39mg (2.19%), Selenium: 1.46µg (2.09%), Vitamin B5: 0.17mg (1.73%), Zinc: 0.16mg (1.09%)