



## Frozen Mango Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



136 kcal

BEVERAGE

DRINK

### Ingredients

- ☐ 6 oz limeade concentrate frozen thawed canned
- ☐ 20 oz mangoes refrigerated sliced
- ☐ 0.5 cup orange liqueur
- ☐ 15 servings colored decorator sugar crystals
- ☐ 1 cup tequila

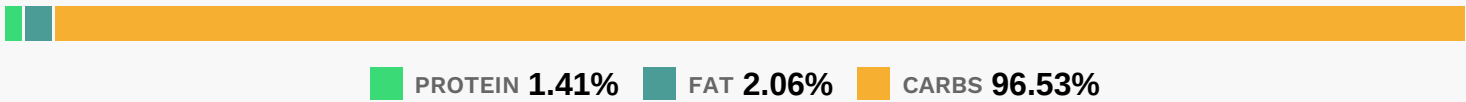
### Equipment

- ☐ blender

# Directions

- ☐ Spoon 3 Tbsp. juice from mangoes into a shallow dish; pour mangoes and remaining juice into a blender.
- ☐ Dip rims of glasses into 3 Tbsp. mango juice; dip in sugar crystals to coat.
- ☐ Add limeade concentrate, tequila, and orange liqueur to blender; process until smooth, stopping to scrape down sides. Reserve half of mixture in a small pitcher.
- ☐ Add ice to remaining mango mixture in blender to 5-cup level; process until slushy, stopping to scrape down sides.
- ☐ Pour into prepared glasses. Repeat procedure with reserved mango mixture and additional ice.
- ☐ Serve immediately.
- ☐ Note: We tested with Triple Sec for orange liqueur.

## Nutrition Facts



## Properties

Glycemic Index:9.12, Glycemic Load:11, Inflammation Score:-4, Nutrition Score:2.2239130735397%

## Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg 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: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

## Nutrients (% of daily need)

Calories: 135.97kcal (6.8%), Fat: 0.21g (0.32%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 21.72g (7.24%), Net Carbohydrates: 21.11g (7.68%), Sugar: 21.19g (23.55%), Cholesterol: 0mg (0%), Sodium: 1.63mg (0.07%), Alcohol: 7.39g (100%), Alcohol %: 11.02% (100%), Protein: 0.32g (0.64%), Vitamin C: 14.11mg (17.1%), Vitamin A: 408.99IU (8.18%), Folate: 16.37µg (4.09%), Copper: 0.05mg (2.56%), Fiber: 0.6g (2.42%), Vitamin B6: 0.05mg (2.28%), Vitamin E: 0.34mg (2.27%), Potassium: 67.56mg (1.93%), Vitamin K: 1.59µg (1.51%), Manganese: 0.03mg (1.43%), Vitamin B3: 0.27mg (1.34%), Vitamin B2: 0.02mg (1.09%), Magnesium: 4.24mg (1.06%)