



Frozen Margarita

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



465 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup juice of lime fresh
- 4 servings garnish: lime wedges
- 1 tablespoon lime zest
- 1.5 cups sugar
- 0.5 cup silver tequila
- 0.5 cup triple sec
- 3 cups water

Equipment

sauce pan

baking pan

Directions

Combine sugar and water in a saucepan over medium–high heat. Cook, stirring constantly, 5 minutes or until sugar dissolves.

Remove from heat, and cool completely; set aside.

Stir together tequila, triple sec, lime zest, lime juice, and reserved simple syrup.

Pour mixture into the container of an electric ice–cream maker, and freeze according to manufacturer's instructions. Or, pour mixture into a 13- x 9–inch baking dish, and freeze 3 hours, stirring every 30 minutes to break up large ice crystals.

Garnish, if desired.

Nutrition Facts

PROTEIN 0.33% **FAT 0.93%** **CARBS 98.74%**

Properties

Glycemic Index:37.27, Glycemic Load:52.42, Inflammation Score:-3, Nutrition Score:2.0578260551328%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 6.5mg, Hesperetin: 6.5mg, Hesperetin: 6.5mg, Hesperetin: 6.5mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 464.79kcal (23.24%), Fat: 0.38g (0.58%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 89.56g (29.85%), Net Carbohydrates: 89.24g (32.45%), Sugar: 85.41g (94.9%), Cholesterol: 0mg (0%), Sodium: 13.54mg (0.59%), Alcohol: 17.69g (100%), Alcohol %: 5.98% (100%), Caffeine: 7.67mg (2.56%), Protein: 0.3g (0.6%), Vitamin C: 18.88mg (22.88%), Copper: 0.07mg (3.49%), Potassium: 84.29mg (2.41%), Magnesium: 7.65mg (1.91%), Vitamin B2: 0.03mg (1.68%), Calcium: 15.66mg (1.57%), Folate: 6.25µg (1.56%), Vitamin B1: 0.02mg (1.26%), Fiber: 0.31g (1.25%), Manganese: 0.02mg (1.23%), Vitamin B6: 0.02mg (1.22%), Phosphorus: 11.89mg (1.19%)