



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

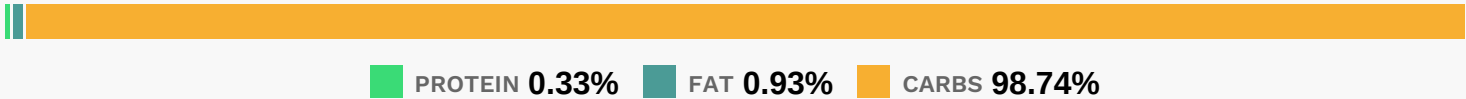
Equipment

- ☐ 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



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%)