



Frozen Mint Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



223 kcal

Ingredients

- ☐ 1 cup mint leaves fresh packed
- ☐ 2 tablespoons grand marnier orange-flavored (liqueur)
- ☐ 0.5 cup juice of lime fresh (4 limes)
- ☐ 1 cup sugar
- ☐ 0.8 cup tequila divided
- ☐ 2 cups water

Equipment

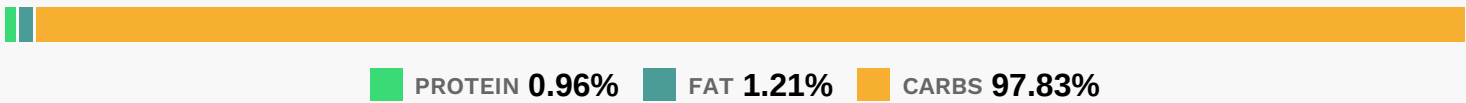
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ sieve
- ☐ ziploc bags

Directions

- ☐ Combine first 3 ingredients and 1/2 cup tequila in a medium saucepan over medium heat; cook 3 minutes or until tiny bubbles form around edge of pan.
- ☐ Remove tequila mixture from heat; steep 15 minutes. Strain through a sieve into a bowl; discard mint. Stir in juice, Grand Marnier, and remaining 1/4 cup tequila. Cool to room temperature.
- ☐ Add bitters, if desired.
- ☐ Place mixture in a zip-top plastic bag; seal and freeze 2 hours (alcohol will separate). Knead bag to combine mixture.
- ☐ Pour 2/3 cup margarita into each of 6 margarita glasses.

Nutrition Facts



Properties

Glycemic Index:14.18, Glycemic Load:23.27, Inflammation Score:0, Nutrition Score:2.0073913397348%

Flavonoids

Eriodictyol: 2.76mg, Eriodictyol: 2.76mg, Eriodictyol: 2.76mg, Eriodictyol: 2.76mg Hesperetin: 2.57mg, Hesperetin: 2.57mg, Hesperetin: 2.57mg, Hesperetin: 2.57mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 223.32kcal (11.17%), Fat: 0.21g (0.32%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 37.62g (12.54%), Net Carbohydrates: 36.94g (13.43%), Sugar: 35.22g (39.13%), Cholesterol: 0mg (0%), Sodium: 7.7mg (0.33%), Alcohol: 11.32g (100%), Alcohol %: 8.2% (100%), Protein: 0.37g (0.74%), Vitamin C: 8.44mg (10.22%), Vitamin A: 328.68IU (6.57%), Manganese: 0.1mg (4.97%), Fiber: 0.68g (2.72%), Copper: 0.05mg (2.67%), Folate: 10.57µg (2.64%), Iron: 0.43mg (2.39%), Calcium: 23.8mg (2.38%), Magnesium: 8.55mg (2.14%), Potassium: 69.04mg (1.97%), Vitamin B2: 0.03mg (1.83%)