



Frozen Sangarita

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon agave nectar
- 4 cups ice cubes
- 0.3 cup juice of lime fresh (4 limes)
- 0.3 cup orange liqueur such as grand marnier or cointreau
- 0.5 cup tequila

Equipment

- blender

Directions

- Watch how to make this recipe.
- Add to a blender the ice, tequila, orange liquor, lime juice and agave. Blend until combined, adding more ice to make thicker.
- Remove to a pitcher.
- Add to a blender the ice, red wine, orange juice, lemon juice and agave. Blend until combined, adding more ice to make thicker.
- Remove to a pitcher.
- To serve: Spoon a layer of frozen margarita and then a layer of frozen sangria into a margarita glass and repeat to create layers. Best served with straws!

Nutrition Facts

 PROTEIN 0.81%  FAT 1.72%  CARBS 97.47%

Properties

Glycemic Index:7.5, Glycemic Load:0.6, Inflammation Score:-2, Nutrition Score:0.86217391166998%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 134.79kcal (6.74%), Fat: 0.08g (0.12%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 10.03g (3.34%), Net Carbohydrates: 9.96g (3.62%), Sugar: 8.58g (9.53%), Cholesterol: 0mg (0%), Sodium: 13.82mg (0.6%), Alcohol: 13.85g (100%), Alcohol %: 5.82% (100%), Caffeine: 3.84mg (1.28%), Protein: 0.08g (0.17%), Vitamin C: 5.43mg (6.58%), Copper: 0.05mg (2.73%), Vitamin K: 1.27µg (1.21%), Magnesium: 4.07mg (1.02%)