



Frozen Strawberry Margarita

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



182 kcal

BEVERAGE

DRINK

Ingredients

- 6 cups ice cubes
- 4 fluid ounces limeade concentrate frozen
- 8 ounces strawberries frozen
- 6 fluid ounces tequila
- 2 fluid ounces triple sec

Equipment

- blender

Directions

- Place ice in a blender and crush for 15 to 20 seconds.
- Add frozen strawberries, tequila, triple sec, and limeade. Blend until smooth.

Nutrition Facts



PROTEIN 2.81% **FAT 3.43%** **CARBS 93.76%**

Properties

Glycemic Index:13.75, Glycemic Load:1.29, Inflammation Score:-4, Nutrition Score:3.7569565157528%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg, Epicatechin: 0.24mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg, Gallic acid: 0.02mg

Nutrients (% of daily need)

Calories: 181.52kcal (9.08%), Fat: 0.21g (0.33%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 13.19g (4.4%), Net Carbohydrates: 12.06g (4.39%), Sugar: 11.46g (12.73%), Cholesterol: 0mg (0%), Sodium: 20.82mg (0.91%), Alcohol: 18.66g (100%), Alcohol %: 4.73% (100%), Caffeine: 3.84mg (1.28%), Protein: 0.39g (0.79%), Vitamin C: 34.26mg (41.52%), Manganese: 0.23mg (11.48%), Copper: 0.1mg (5.2%), Fiber: 1.13g (4.54%), Folate: 13.9µg (3.48%), Magnesium: 11.95mg (2.99%), Potassium: 95.03mg (2.72%), Calcium: 20.46mg (2.05%), Phosphorus: 16.56mg (1.66%), Iron: 0.26mg (1.44%), Vitamin B6: 0.03mg (1.41%), Vitamin B3: 0.25mg (1.24%), Vitamin K: 1.25µg (1.19%), Vitamin B1: 0.02mg (1.16%), Vitamin E: 0.16mg (1.1%)