



Frozen Strawberry Margaritas



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



27 kcal

SIDE DISH

Ingredients

- ☐ 6 ounces limeade concentrate frozen thawed canned
- ☐ 10 ounces strawberries frozen thawed
- ☐ 3 cups water
- ☐ 0.8 cup orange juice
- ☐ 1 liter lemon-lime soda pop chilled

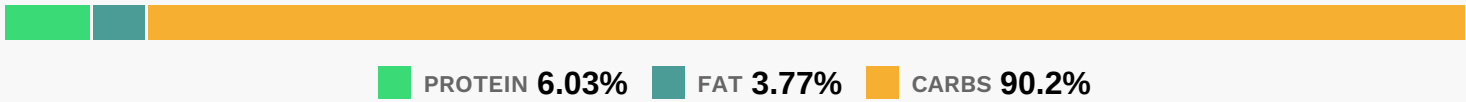
Equipment

- ☐ blender

Directions

- ☐ Place limeade and strawberries in blender. Cover and blend until smooth.
- ☐ Add water and tequila.
- ☐ Pour into 2-quart plastic container. Cover and freeze about 24 hours or until slushy.
- ☐ To serve, place 2/3 cup slush in each glass and fill with 1/3 cup soda pop; stir.

Nutrition Facts



Properties

Glycemic Index:9.2, Glycemic Load:1.63, Inflammation Score:-2, Nutrition Score:2.7456521417784%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg, Naringenin: 0.47mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 27.28kcal (1.36%), Fat: 0.12g (0.19%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 6.58g (2.19%), Net Carbohydrates: 5.97g (2.17%), Sugar: 5.21g (5.78%), Cholesterol: 0mg (0%), Sodium: 8.52mg (0.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.44g (0.88%), Vitamin C: 26.5mg (32.12%), Manganese: 0.11mg (5.61%), Folate: 12.55µg (3.14%), Potassium: 89.26mg (2.55%), Fiber: 0.6g (2.42%), Vitamin B2: 0.04mg (2.07%), Phosphorus: 20.11mg (2.01%), Vitamin B1: 0.03mg (1.92%), Copper: 0.04mg (1.89%), Magnesium: 6.78mg (1.7%), Calcium: 12.04mg (1.2%), Vitamin B6: 0.02mg (1.07%)