



Frozen Strawberry Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



132 kcal

SIDE DISH

Ingredients



1 liter lemon lime soda chilled



6 ounces limeade concentrate frozen thawed canned



0.8 cup orange juice



10 ounces karo syrup frozen thawed



3 cups water

Equipment

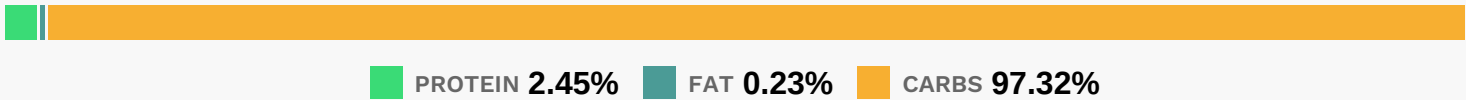


blender

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:5.2, Glycemic Load:0.99, Inflammation Score:-1, Nutrition Score:1.038260863365%

Flavonoids

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: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 132.39kcal (6.62%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.03%), Carbohydrates: 35.6g (11.87%), Net Carbohydrates: 35.56g (12.93%), Sugar: 30.86g (34.29%), Cholesterol: 0mg (0%), Sodium: 34.35mg (1.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 14.96mg (4.99%), Protein: 0.89g (1.79%), Vitamin C: 9.83mg (11.91%), Calcium: 25.41mg (2.54%), Folate: 5.75µg (1.44%), Vitamin B1: 0.02mg (1.14%), Potassium: 39.9mg (1.14%), Copper: 0.02mg (1.11%), Magnesium: 4.09mg (1.02%)