



Frozen Strawberry Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



2

CALORIES



215 kcal

BEVERAGE

DRINK

Ingredients



1 cup ice cubes crushed



0.3 cup juice of lime fresh



3 tablespoons orange liqueur



0.3 cup powdered sugar



1 cup strawberries fresh



2 tablespoons tequila

Equipment

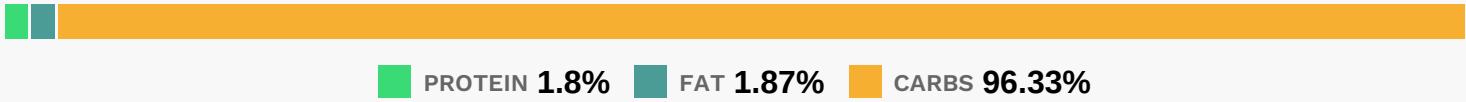


blender

Directions

- ☐ Process lime juice, liqueur, tequila, powdered sugar, strawberries, and crushed ice in a blender until slushy. Rub rim of 2 chilled margarita glasses with lime wedge, and dip rim in red decorator sugar to coat, if desired.
- ☐ Serve immediately in prepared glasses.
- ☐ *1/3 cup thawed frozen limeade concentrate may be substituted for fresh lime juice. Omit powdered sugar, and proceed with recipe as directed.
- ☐ **Your favorite fruit, such as watermelon, peaches, or berries, may be substituted.
- ☐ Note: For testing purposes only, we used Cointreau for orange liqueur and Jose Cuervo Especial for tequila.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:1.64, Inflammation Score:-4, Nutrition Score:5.5069566628207%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 214.87kcal (10.74%), Fat: 0.31g (0.48%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 36.13g (12.04%),
Net Carbohydrates: 34.53g (12.56%), Sugar: 31.01g (34.45%), Cholesterol: 0mg (0%), Sodium: 9.79mg (0.43%),
Alcohol: 10.86g (100%), Alcohol %: 4.78% (100%), Caffeine: 5.85mg (1.95%), Protein: 0.67g (1.35%), Vitamin C:
54.44mg (65.98%), Manganese: 0.29mg (14.63%), Fiber: 1.6g (6.41%), Folate: 21.31µg (5.33%), Potassium: 164.8mg
(4.71%), Copper: 0.08mg (3.9%), Magnesium: 14.44mg (3.61%), Phosphorus: 24.88mg (2.49%), Vitamin B6: 0.05mg
(2.47%), Calcium: 21.14mg (2.11%), Iron: 0.36mg (2.02%), Vitamin E: 0.3mg (1.98%), Vitamin B1: 0.03mg (1.94%),
Vitamin B3: 0.37mg (1.85%), Vitamin K: 1.83µg (1.74%), Vitamin B2: 0.03mg (1.71%), Vitamin B5: 0.14mg (1.4%), Zinc:
0.16mg (1.06%)