



Frozen Sunrise Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



280 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 servings sea salt for rimming glass
- ☐ 0.3 cup grenadine syrup
- ☐ 3 cups ice crushed
- ☐ 2 tablespoons juice of lime
- ☐ 1 lime wedges for rimming glass
- ☐ 4 maraschino cherries
- ☐ 4 slices orange sections
- ☐ 1.5 cups orange juice

- ☐ 0.5 cup orange juice concentrate frozen
- ☐ 6 ounces tequila
- ☐ 1 ounce triple sec

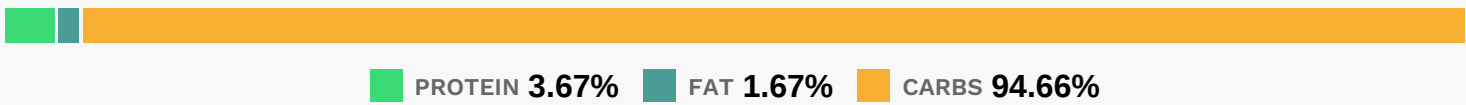
Equipment

- ☐ blender

Directions

- ☐ Spread a layer of salt in a shallow dish. Run lime wedge around the rims of 4 highball glasses to moisten; dip rims in salt.
- ☐ Place orange juice concentrate, orange juice, tequila, Cointreau, and lime juice in a blender.
- ☐ Add ice and pulse until smooth. Divide margarita evenly among glasses.
- ☐ Tilt glasses and pour 1 tablespoon grenadine down the side of each drink; grenadine will sink to the bottom and create a sunset effect.
- ☐ Garnish with orange slices and maraschino cherries and serve.
- ☐ The straight sides of highball glasses are ideal for achieving the sunrise effect. Traditional margarita glasses won't work if you want this look.
- ☐ From Breakfast for Dinner: Recipes for Frittata Florentine, Huevos Rancheros, Sunny-Side-Up Burgers, and More! by Lindsay Landis & Taylor Hackbarth, (C) © 2013 Quirk Books

Nutrition Facts



Properties

Glycemic Index:60.38, Glycemic Load:18.47, Inflammation Score:-7, Nutrition Score:8.6360869459484%

Flavonoids

Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg, Eriodictyol: 0.32mg Hesperetin: 13.99mg, Hesperetin: 13.99mg, Hesperetin: 13.99mg, Hesperetin: 13.99mg Naringenin: 2.32mg, Naringenin: 2.32mg, Naringenin: 2.32mg, Naringenin: 2.32mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 280kcal (14%), Fat: 0.32g (0.5%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 41.15g (13.72%), Net Carbohydrates: 40.27g (14.64%), Sugar: 32.18g (35.76%), Cholesterol: 0mg (0%), Sodium: 212.91mg (9.26%), Alcohol: 16.05g (100%), Alcohol %: 5.16% (100%), Protein: 1.59g (3.19%), Vitamin C: 102.07mg (123.72%), Folate: 56.65µg (14.16%), Vitamin B1: 0.19mg (12.55%), Potassium: 434.14mg (12.4%), Vitamin B6: 0.14mg (6.78%), Magnesium: 26.62mg (6.65%), Vitamin A: 331.05IU (6.62%), Copper: 0.12mg (6%), Vitamin B2: 0.1mg (5.71%), Phosphorus: 42.54mg (4.25%), Vitamin B5: 0.4mg (4%), Vitamin B3: 0.8mg (3.99%), Calcium: 36.07mg (3.61%), Fiber: 0.88g (3.52%), Iron: 0.39mg (2.18%), Manganese: 0.04mg (2.1%), Vitamin E: 0.28mg (1.87%), Zinc: 0.19mg (1.28%)