

Fruity Margarita

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



74 kcal

BEVERAGE

DRINK

Ingredients

- 0.1 oz pkt. crystal on the go pink lemonade flavor drink mix light chilled
- 1 Tbsp juice of lime
- 2 Tbsp orange juice
- 2 cups raspberries frozen
- 0.3 cup tequila
- 2 cups water

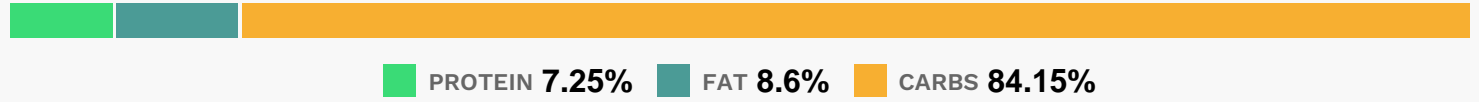
Equipment

- blender

Directions

- Blend all ingredients in blender until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:23.25, Glycemic Load:1.29, Inflammation Score:-3, Nutrition Score:4.5539130367663%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 74.1kcal (3.7%), Fat: 0.42g (0.65%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 9.24g (3.08%), Net Carbohydrates: 5.3g (1.93%), Sugar: 4.3g (4.78%), Cholesterol: 0mg (0%), Sodium: 7.29mg (0.32%), Alcohol: 5.01g (100%), Alcohol %: 3.08% (100%), Protein: 0.8g (1.59%), Vitamin C: 21.46mg (26.02%), Manganese: 0.41mg (20.34%), Fiber: 3.94g (15.74%), Vitamin K: 4.71µg (4.49%), Magnesium: 17.89mg (4.47%), Copper: 0.08mg (4.06%), Folate: 15.58µg (3.9%), Vitamin E: 0.53mg (3.57%), Potassium: 113.64mg (3.25%), Iron: 0.44mg (2.46%), Vitamin B5: 0.22mg (2.19%), Calcium: 20.19mg (2.02%), Vitamin B3: 0.4mg (2.01%), Phosphorus: 20.01mg (2%), Vitamin B1: 0.03mg (1.92%), Vitamin B6: 0.04mg (1.91%), Zinc: 0.28mg (1.85%), Vitamin B2: 0.03mg (1.56%)