

Ginger Margarita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



776 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 large hand ginger peeled cut into 1/2-inch coins/chunks
- ☐ 1 juice of lime juiced for garnish
- ☐ 1 serving nutmeg freshly grated
- ☐ 0.8 cup sugar
- ☐ 1 serving bar sugar
- ☐ 2 ounces tequila recommended: Cabo Wabo
- ☐ 1.5 cups water

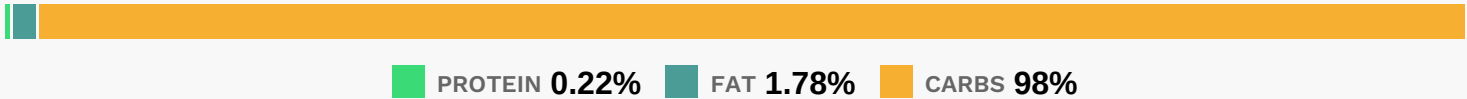
Equipment

☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring sugar and water up to a light simmer and cook until all of the sugar is dissolved.
- ☐ Add ginger and steep for 30 minutes.
- ☐ Pour ginger-simple syrup into blender and puree. Strain out pulp and store in a tightly sealed jar or bottle. Will keep for several weeks in the refrigerator.
- ☐ Pour some bar sugar onto small plate and grate a pinch of nutmeg on top, mix well.
- ☐ Add tequila, lime juice, 5 ounces ginger-simple syrup and ice to cocktail shaker and give it a good shake. Run lime wedge around rim of glass and dip in sugar/nutmeg mixture, add ice and pour in contents of shaker, grate a little nutmeg on top and serve with a wedge of lime.

Nutrition Facts



Properties

Glycemic Index:272.18, Glycemic Load:114.1, Inflammation Score:-2, Nutrition Score:1.8256521594265%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 776.17kcal (38.81%), Fat: 1.33g (2.05%), Saturated Fat: 0.54g (3.36%), Carbohydrates: 165.47g (55.16%), Net Carbohydrates: 164.41g (59.79%), Sugar: 162.67g (180.74%), Cholesterol: 0mg (0%), Sodium: 21.52mg (0.94%), Alcohol: 18.94g (100%), Alcohol %: 4% (100%), Protein: 0.37g (0.74%), Vitamin C: 5.65mg (6.85%), Copper: 0.13mg (6.4%), Manganese: 0.09mg (4.61%), Fiber: 1.06g (4.24%), Magnesium: 11.3mg (2.82%), Vitamin B2: 0.04mg (2.36%), Calcium: 23.01mg (2.3%), Iron: 0.31mg (1.75%), Potassium: 58.78mg (1.68%), Selenium: 1.13µg (1.61%), Phosphorus: 12.15mg (1.21%), Vitamin B1: 0.02mg (1.16%), Vitamin B6: 0.02mg (1.14%), Zinc: 0.16mg (1.07%)