



Gluten-Free Honey Lemon Margarita

 Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



397 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup honey
- 0.3 cup water hot
- 1 tablespoon honey
- 2 tablespoons tequila
- 0.5 oz clear candies orange-flavored
- 0.8 oz juice of lemon fresh
- 1 slices optional: lemon

Equipment

Directions

- To make Honey Syrup, mix honey and hot water. Makes 1/2 cup.
- To make margarita, add 1/2 oz of the honey syrup, the tequila, orange-flavored liqueur and lemon juice to cocktail shaker. Fill shaker with ice; cover and shake vigorously. Strain into cocktail glass filled with fresh ice.
- Garnish with lemon slices.

Nutrition Facts

PROTEIN 0.52% **FAT 0.18%** **CARBS 99.3%**

Properties

Glycemic Index:145.05, Glycemic Load:45.56, Inflammation Score:-1, Nutrition Score:1.9847825854693%

Flavonoids

Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg, Eriodictyol: 2.53mg Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg, Hesperetin: 5.03mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 397.49kcal (19.87%), Fat: 0.07g (0.11%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 89.26g (29.75%), Net Carbohydrates: 88.79g (32.29%), Sugar: 87.53g (97.26%), Cholesterol: 0mg (0%), Sodium: 7.84mg (0.34%), Alcohol: 10.02g (100%), Alcohol %: 5.35% (100%), Protein: 0.47g (0.94%), Vitamin C: 12.47mg (15.11%), Manganese: 0.09mg (4.73%), Copper: 0.06mg (2.99%), Iron: 0.52mg (2.86%), Vitamin B2: 0.05mg (2.7%), Potassium: 87.15mg (2.49%), Vitamin B6: 0.04mg (2.05%), Fiber: 0.47g (1.89%), Folate: 7.14µg (1.78%), Zinc: 0.27mg (1.77%), Selenium: 0.9µg (1.28%), Magnesium: 4.54mg (1.14%), Vitamin B5: 0.11mg (1.13%), Calcium: 11.22mg (1.12%)