

Gooseberry Margaritas

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



17 min.

SERVINGS



8

CALORIES



151 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup club soda
- 2 cups gooseberry divided
- 2 tablespoons grand marnier
- 0.3 cup granulated sugar
- 0.1 teaspoon ground pepper red
- 0.5 teaspoon kosher salt
- 0.5 cup juice of lime fresh (4 limes)
- 9 lime wedges divided

- 2 tablespoons sparkling sugar white
- 1 cup tequila
- 0.3 cup water

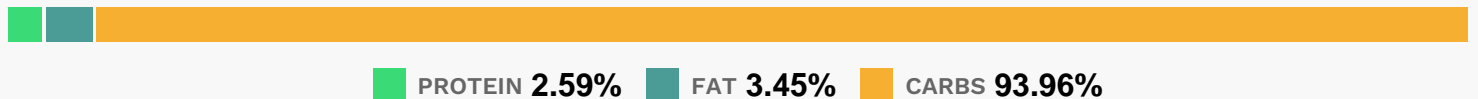
Equipment

- bowl
- sauce pan
- sieve
- mortar and pestle

Directions

- Place 1 1/2 cups gooseberries in a mortar or other small bowl; gently crush with a pestle or fork.
- Combine crushed gooseberries, granulated sugar, and 1/4 cup water in a small saucepan; bring to a boil. Cook until sugar dissolves, stirring occasionally.
- Remove from heat; cool completely. Strain through a sieve over a bowl; discard solids. Stir in lime juice; chill.
- Combine gooseberry mixture, tequila, soda, and Grand Marnier in a large pitcher; stir gently.
- Combine sparkling sugar, salt, and red pepper in a saucer. Rub the rims of 8 glasses with 1 lime wedge; spin rim of each glass in salt mixture to coat. Fill each prepared glass with ice. Divide margarita mixture evenly among glasses.
- Garnish with remaining gooseberries and lime wedges.

Nutrition Facts



Properties

Glycemic Index:29.27, Glycemic Load:8.74, Inflammation Score:-3, Nutrition Score:2.8639130300802%

Flavonoids

Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg, Peonidin: 0.29mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 10.06mg, Hesperetin: 10.06mg, Hesperetin: 10.06mg, Hesperetin: 10.06mg Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg, Naringenin: 0.75mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg Gallocatechin: 0.17mg, Gallocatechin: 0.17mg, Gallocatechin: 0.17mg, Gallocatechin: 0.17mg

Nutrients (% of daily need)

Calories: 150.94kcal (7.55%), Fat: 0.32g (0.49%), Saturated Fat: 0.02g (0.16%), Carbohydrates: 19.73g (6.58%), Net Carbohydrates: 17.48g (6.36%), Sugar: 13.12g (14.58%), Cholesterol: 0mg (0%), Sodium: 153.73mg (6.68%), Alcohol: 10.99g (100%), Alcohol %: 8.97% (100%), Protein: 0.54g (1.09%), Vitamin C: 20.84mg (25.26%), Fiber: 2.25g (8.99%), Potassium: 115.8mg (3.31%), Manganese: 0.07mg (3.31%), Vitamin A: 139.44IU (2.79%), Copper: 0.06mg (2.76%), Vitamin B6: 0.05mg (2.28%), Calcium: 20.16mg (2.02%), Vitamin B1: 0.03mg (1.79%), Phosphorus: 17.4mg (1.74%), Vitamin B5: 0.17mg (1.7%), Magnesium: 6.71mg (1.68%), Iron: 0.28mg (1.54%), Vitamin E: 0.23mg (1.51%), Folate: 5.42µg (1.35%), Vitamin B2: 0.02mg (1.27%)