

Grand Margarita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



157 kcal

BEVERAGE

DRINK

Ingredients

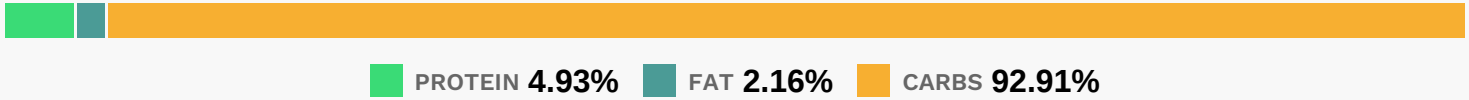
- ☐ 6 servings coarse salt
- ☐ 1 lime cut into 8 wedges
- ☐ 1.5 cups juice of lime fresh
- ☐ 1.5 cups silver tequila
- ☐ 3 cups water
- ☐ 1.5 cups cointreau
- ☐ 1.5 cups cointreau

Equipment

Directions

- ☐ Combine the water, lime juice, tequila, and cointreau in a half-gallon pitcher. Stir to mix.
- ☐ To serve, rub the rim of a margarita glass with lime, and dip in salt. Fill the glass with ice, and top with the tequila mixture.
- ☐ Garnish with a slice of lime.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:2.1652174151462%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 10.23mg, Hesperetin: 10.23mg, Hesperetin: 10.23mg, Hesperetin: 10.23mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 157.07kcal (7.85%), Fat: 0.06g (0.1%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 6.27g (2.09%), Net Carbohydrates: 5.71g (2.08%), Sugar: 1.21g (1.35%), Cholesterol: 0mg (0%), Sodium: 201.74mg (8.77%), Alcohol: 20.04g (100%), Alcohol %: 10.14% (100%), Protein: 0.33g (0.66%), Vitamin C: 21.4mg (25.94%), Copper: 0.06mg (2.76%), Potassium: 83.42mg (2.38%), Fiber: 0.55g (2.22%), Folate: 6.94µg (1.74%), Magnesium: 6.7mg (1.67%), Calcium: 15.82mg (1.58%), Vitamin B1: 0.02mg (1.47%), Vitamin B6: 0.03mg (1.42%), Phosphorus: 12.88mg (1.29%), Manganese: 0.02mg (1.15%), Vitamin E: 0.16mg (1.05%)