



## Grapefruit Margaritas

 **Gluten Free**  **Dairy Free**

READY IN



5 min.

SERVINGS



4

CALORIES



255 kcal

BEVERAGE

DRINK

### Ingredients

- 2 cups ginger ale
- 4 servings grapefruit sliced
- 2 cups grapefruit juice red
- 2 cups ice crushed
- 0.3 cup juice of lime sweetened
- 0.7 cup tequila

### Equipment

## Directions

- STIR together first 3 ingredients in a large pitcher. Stir in ginger ale and crushed ice.
- Serve immediately.
- Garnish, if desired.
- \*Not-from-concentrate grapefruit juice may be substituted.

## Nutrition Facts

 **PROTEIN 4.46%**  **FAT 1.76%**  **CARBS 93.78%**

## Properties

Glycemic Index:37.75, Glycemic Load:16.25, Inflammation Score:-9, Nutrition Score:9.5347826584526%

## Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.9mg, Hesperetin: 1.9mg, Hesperetin: 1.9mg, Hesperetin: 1.9mg Naringenin: 50.32mg, Naringenin: 50.32mg, Naringenin: 50.32mg, Naringenin: 50.32mg Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg, Luteolin: 0.92mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

## Nutrients (% of daily need)

Calories: 255.26kcal (12.76%), Fat: 0.34g (0.53%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 41.19g (13.73%), Net Carbohydrates: 38.54g (14.02%), Sugar: 34.35g (38.16%), Cholesterol: 0mg (0%), Sodium: 17.24mg (0.75%), Alcohol: 13.36g (100%), Alcohol %: 3.01% (100%), Protein: 1.96g (3.91%), Vitamin C: 84.33mg (102.22%), Vitamin A: 1786.82IU (35.74%), Potassium: 418.74mg (11.96%), Fiber: 2.64g (10.57%), Magnesium: 29.23mg (7.31%), Folate: 23.89µg (5.97%), Vitamin B5: 0.54mg (5.4%), Calcium: 52.53mg (5.25%), Copper: 0.1mg (5.1%), Vitamin B1: 0.07mg (4.83%), Iron: 0.84mg (4.65%), Phosphorus: 44.42mg (4.44%), Vitamin B6: 0.09mg (4.39%), Vitamin B3: 0.69mg (3.47%), Vitamin B2: 0.05mg (3.04%), Manganese: 0.06mg (2.96%), Zinc: 0.32mg (2.16%), Vitamin E: 0.23mg (1.56%)