



Grapefruit Margaritas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



299 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 cups ruby grapefruit juice red
- 1.5 cups ice cubes
- 4 lime wedges for garnish
- 12 fluid ounce limeade more frozen canned
- 1.5 cups tequila

Equipment

- blender

Directions

- Combine the limeade, tequila, grapefruit juice, and ice in a blender; blend until smooth.
- Serve in glasses garnished with lime wedges.

Nutrition Facts

PROTEIN 2.71% **FAT 1.15%** **CARBS 96.14%**

Properties

Glycemic Index:23.75, Glycemic Load:5.12, Inflammation Score:-4, Nutrition Score:2.6552173540644%

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: 299kcal (14.95%), Fat: 0.12g (0.19%), Saturated Fat: 0g (0.02%), Carbohydrates: 23.33g (7.78%), Net Carbohydrates: 22.74g (8.27%), Sugar: 20.53g (22.82%), Cholesterol: 0mg (0%), Sodium: 13.09mg (0.57%), Alcohol: 30.06g (100%), Alcohol %: 10.19% (100%), Protein: 0.66g (1.31%), Vitamin C: 29.04mg (35.21%), Potassium: 163.53mg (4.67%), Iron: 0.5mg (2.77%), Magnesium: 10.82mg (2.7%), Fiber: 0.59g (2.37%), Copper: 0.04mg (2.24%), Phosphorus: 16.58mg (1.66%), Calcium: 15.68mg (1.57%), Vitamin B3: 0.31mg (1.57%), Vitamin B5: 0.13mg (1.28%), Zinc: 0.15mg (1.02%)