



Green Tea Margarita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



215 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup chai concentrate green frozen brewed
- ☐ 1 serving granulated sugar for coating rim of glass
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 lemon wedges
- ☐ 1 tablespoon orange liqueur such as cointreau
- ☐ 2 teaspoons sugar
- ☐ 1.3 ounces tequila

Equipment

- ☐ sieve
- ☐ blender

Directions

- ☐ Rub the lime wedge around the rim of an old-fashioned glass. Dip and rotate the rim in the saucer of sugar, making sure to keep the sugar on the outside. In a blender, combine the chai ice cubes, tequila, lemon juice, orange liqueur, and sugar. Blend on the pulse setting until slushy.
- ☐ Pour into the sugar-rimmed glass.
- ☐ For those who prefer their libations over ice, fill a sugar-rimmed old-fashioned glass one-third full of chai ice cubes. Follow the recipe for Green Tea Margarita, using the blender's pulse feature to blend the ingredients until the ice is just coarsely chopped and the mixture is frothy. Strain the mixture through a bar strainer into the prepared glass.
- ☐ From The Tea Deck: 50 Ways to Prepare,
- ☐ Serve, and Enjoy by Sara Perry. Text © 2008 by Sara Perry; photograph © 2001 Alison Miksch. Reprinted with permission by Chronicle Books.

Nutrition Facts



Properties

Glycemic Index:180.68, Glycemic Load:14.26, Inflammation Score:-6, Nutrition Score:2.2360869960293%

Flavonoids

Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Epigallocatechin: 9.5mg, Epigallocatechin: 9.5mg, Epigallocatechin: 9.5mg, Epigallocatechin: 9.5mg Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg, Epicatechin: 2.51mg Epicatechin 3-gallate: 6.91mg, Epicatechin 3-gallate: 6.91mg, Epicatechin 3-gallate: 6.91mg, Epicatechin 3-gallate: 6.91mg Epigallocatechin 3-gallate: 11.04mg, Epigallocatechin 3-gallate: 11.04mg, Epigallocatechin 3-gallate: 11.04mg, Epigallocatechin 3-gallate: 11.04mg Theaflavin: 1.86mg, Theaflavin: 1.86mg, Theaflavin: 1.86mg, Theaflavin: 1.86mg Thearubigins: 95.93mg, Thearubigins: 95.93mg, Thearubigins: 95.93mg, Thearubigins: 95.93mg Eriodictyol: 4.58mg, Eriodictyol: 4.58mg, Eriodictyol: 4.58mg, Eriodictyol: 4.58mg Hesperetin: 7.19mg, Hesperetin: 7.19mg, Hesperetin: 7.19mg, Hesperetin: 7.19mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg, Myricetin: 0.62mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg

2.84mg, Quercetin: 2.84mg Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg, Theaflavin-3,3'-digallate: 2.07mg Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg, Theaflavin-3'-gallate: 1.78mg Gallocatechin: 1.48mg, Gallocatechin: 1.48mg, Gallocatechin: 1.48mg, Gallocatechin: 1.48mg

Nutrients (% of daily need)

Calories: 214.76kcal (10.74%), Fat: 0.2g (0.31%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 27.82g (9.27%), Net Carbohydrates: 27.27g (9.92%), Sugar: 25.62g (28.46%), Cholesterol: 0mg (0%), Sodium: 5.8mg (0.25%), Alcohol: 15.74g (100%), Alcohol %: 9.01% (100%), Caffeine: 27.5mg (9.17%), Protein: 0.27g (0.53%), Vitamin C: 15.35mg (18.6%), Manganese: 0.28mg (13.77%), Folate: 10.88µg (2.72%), Potassium: 89.56mg (2.56%), Fiber: 0.55g (2.2%), Copper: 0.04mg (1.79%), Vitamin B2: 0.03mg (1.73%), Magnesium: 6.33mg (1.58%), Vitamin B6: 0.02mg (1.08%)