



Hibiscus Lime Margarita



Gluten Free



Dairy Free



Low Fod Map

READY IN



40 min.

SERVINGS



1

CALORIES



762 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.8 cup sugar
- ☐ 0.8 cup hibiscus petals dried
- ☐ 1.5 cups water
- ☐ 2 tablespoons simple syrup glaze
- ☐ 2 tablespoons tequila
- ☐ 0.8 oz clear candies orange-flavored
- ☐ 0.8 oz juice of lime fresh
- ☐ 1 slices lime

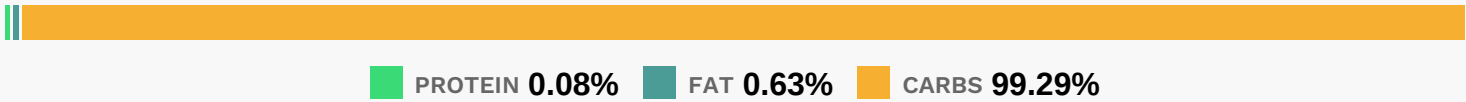
Equipment

☐ sauce pan

Directions

- ☐ To make Hibiscus Simple Syrup, mix sugar, hibiscus flowers and water in 2-quart saucepan.
- ☐ Heat just to boiling over medium-high heat, stirring until sugar is dissolved.
- ☐ Remove from heat; let stand 30 minutes. Strain mixture; discard solids.
- ☐ Transfer to storage container. Cover and refrigerate up to 3 days. Makes 1 1/3 cups.
- ☐ To make margarita, add 1 oz of the simple syrup, the tequila, orange-flavored liqueur and lime juice to cocktail shaker. Fill shaker with ice; cover and shake vigorously. Strain into cocktail glass filled with fresh ice.
- ☐ Garnish with lime slices.

Nutrition Facts



Properties

Glycemic Index:117.09, Glycemic Load:104.89, Inflammation Score:-4, Nutrition Score:2.7226086764232%

Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 4.92mg, Hesperetin: 4.92mg, Hesperetin: 4.92mg, Hesperetin: 4.92mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 761.82kcal (38.09%), Fat: 0.51g (0.78%), Saturated Fat: 0g (0.02%), Carbohydrates: 181.18g (60.39%), Net Carbohydrates: 180.9g (65.78%), Sugar: 179.46g (199.4%), Cholesterol: 0mg (0%), Sodium: 50.41mg (2.19%), Alcohol: 10.02g (100%), Alcohol %: 1.58% (100%), Protein: 0.14g (0.28%), Vitamin A: 539.36IU (10.79%), Vitamin C: 8.42mg (10.2%), Iron: 1.73mg (9.61%), Copper: 0.09mg (4.59%), Vitamin B1: 0.06mg (4.08%), Magnesium: 14.99mg (3.75%), Calcium: 36.83mg (3.68%), Vitamin B2: 0.06mg (3.43%), Potassium: 96.3mg (2.75%), Selenium: 1.23µg (1.76%), Zinc: 0.23mg (1.56%), Folate: 4.46µg (1.12%), Fiber: 0.28g (1.12%), Phosphorus: 10.41mg (1.04%)