

Hibiscus Margarita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



120 min.

SERVINGS



6

CALORIES



253 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.3 cups squash blossoms dried
- ☐ 5 ounces grand marnier
- ☐ 4 ounces juice of lime freshly squeezed (from 8 limes)
- ☐ 6 servings lime wedges for serving
- ☐ 16 ounces tequila (blanco)

Equipment

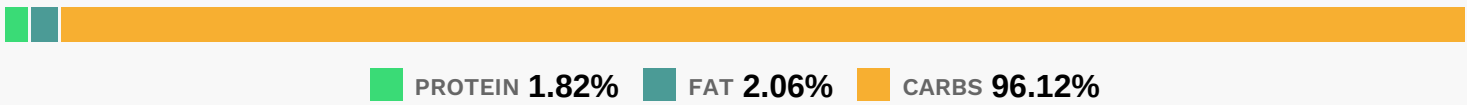
- ☐ frying pan
- ☐ sauce pan

☐ sieve

Directions

- ☐ Place the tequila in a medium saucepan and warm over medium-low heat until the temperature reaches 160°F and the tequila is just beginning to steam, about 6 to 8 minutes.
- ☐ Remove the pan from the heat, add the Jamaica flowers, cover, and steep for 15 minutes.
- ☐ Place a fine-mesh strainer over a nonreactive, heatproof, 1-quart container and pour the infused tequila through the strainer; discard the solids.
- ☐ Add the remaining measured ingredients and stir to evenly combine. Cover and refrigerate until chilled, about 1 1/2 hours. Just before serving, stir to recombine.
- ☐ Pour into a margarita glass filled with ice, and garnish with a lime wedge. Alternatively, place 4 ounces of the margarita mixture in a cocktail shaker. Fill the shaker halfway with ice and shake vigorously until the outside is frosty, about 30 seconds.
- ☐ Pour the contents into a chilled margarita glass, garnish with a lime wedge, and serve. Repeat for the remaining margaritas.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:1.1060869706714%

Flavonoids

Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 2.13mg, Hesperetin: 2.13mg, Hesperetin: 2.13mg, Hesperetin: 2.13mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 253.45kcal (12.67%), Fat: 0.09g (0.14%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 9.53g (3.18%), Net Carbohydrates: 9.43g (3.43%), Sugar: 7.94g (8.83%), Cholesterol: 0mg (0%), Sodium: 3.39mg (0.15%), Alcohol: 31.39g (100%), Alcohol %: 31.58% (100%), Caffeine: 6.14mg (2.05%), Protein: 0.18g (0.36%), Vitamin C: 7.89mg (9.56%), Vitamin A: 143.81IU (2.88%), Copper: 0.03mg (1.55%), Folate: 6.03µg (1.51%), Potassium: 43.63mg (1.25%), Manganese: 0.02mg (1.06%), Phosphorus: 10.64mg (1.06%)