



Hibiscus-Mint Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



90 min.

SERVINGS



8

CALORIES



284 kcal

BEVERAGE

DRINK

Ingredients



8 servings seltzer water



8 servings ice crushed



0.5 cup juice of lime fresh



4 mint leaves



0.5 cup orange liqueur



1 cup sugar



4 ginger tea bags



2 cups tequila

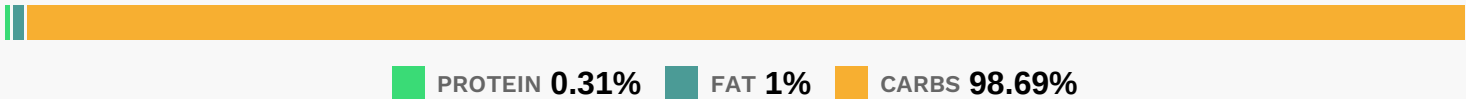
☐ 1.5 cups water boiling

Equipment

Directions

- ☐ Pour boiling water over tea bags; stir in sugar and mint. Cover and steep 20 minutes. Discard tea bags and mint; cool completely (about 1 hour).
- ☐ Stir together tequila, next 2 ingredients, and tea in a pitcher.
- ☐ Pour over crushed ice in 8 (10-oz.) glasses; top with a splash of club soda.
- ☐ Note: We tested with Celestial Seasonings Red Zinger Herbal Tea.

Nutrition Facts



Properties

Glycemic Index:10.64, Glycemic Load:17.45, Inflammation Score:-3, Nutrition Score:0.69869565121506%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.41mg, Hesperetin: 1.41mg, Hesperetin: 1.41mg, Hesperetin: 1.41mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 284.41kcal (14.22%), Fat: 0.14g (0.21%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 31g (10.33%), Net Carbohydrates: 30.9g (11.24%), Sugar: 29.96g (33.28%), Cholesterol: 0mg (0%), Sodium: 4.97mg (0.22%), Alcohol: 23.88g (100%), Alcohol %: 18.48% (100%), Caffeine: 3.84mg (1.28%), Protein: 0.1g (0.19%), Vitamin C: 4.7mg (5.69%), Copper: 0.03mg (1.66%), Manganese: 0.02mg (1.15%)