



Jalapeno and Cucumber Margarita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



65 min.

SERVINGS



4

CALORIES



186 kcal

BEVERAGE

DRINK

Ingredients

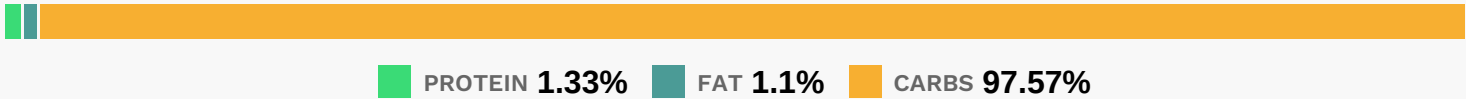
- ☐ 4 slices cucumber
- ☐ 4 servings ice cubes as needed
- ☐ 1 jalapeno halved seeded
- ☐ 0.5 cup juice of lime fresh
- ☐ 4 wedges lime
- ☐ 0.3 cup orange liqueur
- ☐ 0.3 cup simple syrup glaze
- ☐ 0.5 cup tequila to taste

Equipment

Directions

- ☐ Stir tequila, lime juice, orange liqueur, and simple syrup together in a pitcher with a lid; add jalapeno pepper and thin cucumber slices. Refrigerate at least 1 hour.
- ☐ Run a wedge of lime along the rim of each of four pint glasses.
- ☐ Spread kosher salt onto a flat plate; press glass rims into salt to coat. Fill glass with ice and pour margarita over the ice.
- ☐ Garnish with cucumber slice.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.5, Inflammation Score:-3, Nutrition Score:2.5173912722131%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 10.45mg, Hesperetin: 10.45mg, Hesperetin: 10.45mg, Hesperetin: 10.45mg Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 186.21kcal (9.31%), Fat: 0.13g (0.19%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 24.97g (8.32%), Net Carbohydrates: 24.2g (8.8%), Sugar: 21.22g (23.58%), Cholesterol: 0mg (0%), Sodium: 17.71mg (0.77%), Alcohol: 13.85g (100%), Alcohol %: 9.73% (100%), Caffeine: 3.84mg (1.28%), Protein: 0.34g (0.68%), Vitamin C: 18.69mg (22.65%), Iron: 0.94mg (5.21%), Vitamin B1: 0.05mg (3.09%), Fiber: 0.77g (3.09%), Copper: 0.05mg (2.59%), Potassium: 90.25mg (2.58%), Magnesium: 7.97mg (1.99%), Vitamin B6: 0.04mg (1.89%), Vitamin B2: 0.03mg (1.64%), Calcium: 16.14mg (1.61%), Folate: 6.39µg (1.6%), Vitamin E: 0.23mg (1.56%), Vitamin K: 1.44µg (1.37%), Phosphorus: 13.63mg (1.36%), Vitamin A: 66.89IU (1.34%), Manganese: 0.02mg (1.16%), Vitamin B5: 0.1mg (1.04%)