

Jamaica Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



193 kcal

BEVERAGE

DRINK

Ingredients



2 ounces hibiscus petals dried



8 slices lime



0.5 cup juice of lime fresh



0.8 cup sugar



1.3 cups tequila



0.3 cup triple sec orange-flavored



3 cups water

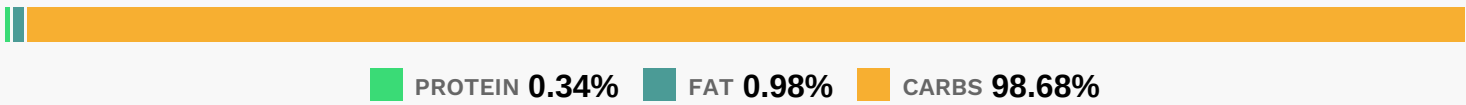
Equipment

- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Place blossoms in a strainer; rinse under cold water.
- ☐ Combine blossoms, water, and sugar in a medium saucepan; bring to a boil. Reduce heat, and simmer 10 minutes. Strain; discard blossoms. Cover and chill hibiscus mixture.
- ☐ Combine hibiscus mixture, tequila, juice, and Triple Sec.
- ☐ Serve over ice.
- ☐ Garnish with lime slices.

Nutrition Facts



Properties

Glycemic Index:14.64, Glycemic Load:13.11, Inflammation Score:-2, Nutrition Score:0.63956521516261%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg, Hesperetin: 1.79mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 193.18kcal (9.66%), Fat: 0.1g (0.16%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 23.22g (7.74%), Net Carbohydrates: 23.13g (8.41%), Sugar: 22.15g (24.61%), Cholesterol: 0mg (0%), Sodium: 6.39mg (0.28%), Alcohol: 15.08g (100%), Alcohol %: 10.74% (100%), Protein: 0.08g (0.16%), Vitamin C: 4.83mg (5.85%), Copper: 0.03mg (1.6%)