



Lavender Margaritas



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



132 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1.5 cups blueberries unsweetened frozen
- ☐ 0.8 cup coconut milk canned
- ☐ 0.3 cup curacao blue
- ☐ 3 cups ice cubes
- ☐ 1 teaspoon lavender blossoms fresh
- ☐ 0.3 cup juice of lime
- ☐ 10 servings lime wedges
- ☐ 1.5 cups raspberries unsweetened frozen

- ☐ 1 tablespoon sugar
- ☐ 0.8 cup tequila

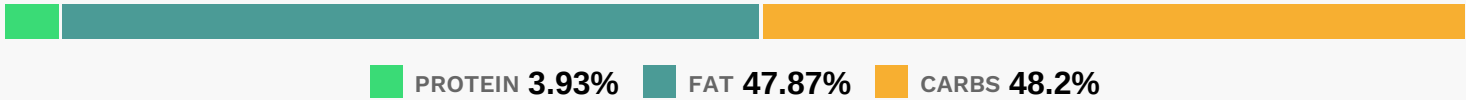
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ In a blender, combine tequila, curacao, coconut milk, and lime juice. Cover and turn to high speed, then gradually add raspberries, blueberries, and ice. Whirl until margarita mixture is smooth and slushy.
- ☐ Put sugar and lavender blossoms in a small bowl. Rub with your fingers or mash with a spoon to release some of the lavender flavor. Rub glass rims with lime wedge to moisten. Dip rims in lavender sugar, coating evenly.
- ☐ Pour margaritas into sugar-rimmed glasses.
- ☐ Garnish with lavender sprigs.

Nutrition Facts



Properties

Glycemic Index:18.31, Glycemic Load:2.19, Inflammation Score:-3, Nutrition Score:3.3426087045151%

Flavonoids

Cyanidin: 10.12mg, Cyanidin: 10.12mg, Cyanidin: 10.12mg, Cyanidin: 10.12mg Petunidin: 7.06mg, Petunidin: 7.06mg, Petunidin: 7.06mg Delphinidin: 8.1mg, Delphinidin: 8.1mg, Delphinidin: 8.1mg, Delphinidin: 8.1mg Malvidin: 15.03mg, Malvidin: 15.03mg, Malvidin: 15.03mg, Malvidin: 15.03mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 4.53mg, Peonidin: 4.53mg, Peonidin: 4.53mg, Peonidin: 4.53mg Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg, Catechin: 1.41mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.97mg, Hesperetin: 0.97mg, Hesperetin: 0.97mg, Hesperetin: 0.97mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.04mg,

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg, Quercetin: 1.93mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 131.7kcal (6.59%), Fat: 4.49g (6.91%), Saturated Fat: 3.81g (23.8%), Carbohydrates: 10.17g (3.39%), Net Carbohydrates: 8.02g (2.92%), Sugar: 6.32g (7.02%), Cholesterol: 0mg (0%), Sodium: 6.98mg (0.3%), Alcohol: 8.38g (100%), Alcohol %: 6.48% (100%), Protein: 0.83g (1.66%), Manganese: 0.36mg (18.23%), Vitamin C: 9.54mg (11.56%), Fiber: 2.15g (8.6%), Vitamin K: 5.75µg (5.48%), Copper: 0.09mg (4.71%), Magnesium: 13.21mg (3.3%), Potassium: 100.1mg (2.86%), Iron: 0.51mg (2.84%), Phosphorus: 27.63mg (2.76%), Vitamin E: 0.33mg (2.17%), Folate: 8.68µg (2.17%), Vitamin B3: 0.35mg (1.75%), Selenium: 1.19µg (1.7%), Zinc: 0.25mg (1.68%), Vitamin B6: 0.03mg (1.51%), Vitamin B1: 0.02mg (1.44%), Calcium: 13.13mg (1.31%), Vitamin B5: 0.13mg (1.29%), Vitamin B2: 0.02mg (1.06%)