



Mango-Avocado Margarita

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



155 kcal

BEVERAGE

DRINK

Ingredients

- 6 tablespoons avocado ripe peeled chopped
- 2 cups ice cubes
- 6 tablespoons juice of lime fresh
- 1 cup mangos peeled chopped (1 large)
- 0.3 cup orange juice
- 2 tablespoons sugar
- 0.3 cup tequila
- 2 tablespoons triple sec orange-flavored (liqueur)

Equipment

blender

Directions

- Combine first 8 ingredients in a blender; process until smooth.
- Divide the mixture evenly among 4 glasses.
- Serve drinks with lime wedges, if desired.
- Serve immediately.

Nutrition Facts



PROTEIN 3.46% **FAT 28.11%** **CARBS 68.43%**

Properties

Glycemic Index:57.21, Glycemic Load:8.04, Inflammation Score:-6, Nutrition Score:5.7147826526476%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 155.4kcal (7.77%), Fat: 3.66g (5.64%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 20.07g (6.69%), Net Carbohydrates: 17.73g (6.45%), Sugar: 15.89g (17.66%), Cholesterol: 0mg (0%), Sodium: 9.37mg (0.41%), Alcohol: 6.96g (100%), Alcohol %: 3.54% (100%), Protein: 1.01g (2.03%), Vitamin C: 31.84mg (38.59%), Folate: 43.47µg (10.87%), Vitamin A: 522.52IU (10.45%), Fiber: 2.34g (9.35%), Potassium: 242.06mg (6.92%), Vitamin K: 6.77µg (6.44%), Copper: 0.13mg (6.42%), Vitamin B6: 0.12mg (6.19%), Vitamin E: 0.91mg (6.05%), Vitamin B5: 0.46mg (4.61%), Magnesium: 15.78mg (3.95%), Vitamin B3: 0.79mg (3.94%), Manganese: 0.07mg (3.47%), Vitamin B2: 0.06mg (3.33%), Vitamin B1: 0.05mg (3.19%), Phosphorus: 24.7mg (2.47%), Calcium: 15.87mg (1.59%), Zinc: 0.23mg

(1.55%), Iron: 0.26mg (1.44%)