



## Mango-Cilantro Margarita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



312 kcal

BEVERAGE

DRINK

## Ingredients

- ☐ 0.5 cup agave nectar blue 100%
- ☐ 1 sprigs cilantro leaves fresh (for garnish)
- ☐ 0.3 cup cilantro leaves fresh
- ☐ 2 cups ice cubes divided
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.5 small mangos pitted peeled chopped
- ☐ 3 tablespoons simple syrup glaze
- ☐ 1 tablespoon orange liqueur

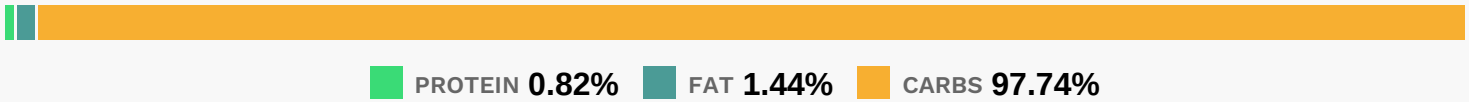
# Equipment

- ☐ bowl
- ☐ wooden spoon
- ☐ measuring cup

# Directions

- ☐ Combine mango and cilantro leaves in medium bowl. Press firmly on solids with muddler or back of wooden spoon until mashed.
- ☐ Mix in tequila, lime juice, Simple Syrup, and Cointreau, then 1 cup ice. Stir to blend well. Strain into large glass measuring cup. Divide remaining ice between 2 tall glasses.
- ☐ Pour Margarita mixture over.
- ☐ Garnish with cilantro sprigs.

# Nutrition Facts



# Properties

Glycemic Index:65.38, Glycemic Load:9.88, Inflammation Score:-6, Nutrition Score:7.3173912348955%

# Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

# Nutrients (% of daily need)

Calories: 311.69kcal (15.58%), Fat: 0.5g (0.77%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 76.15g (25.38%), Net Carbohydrates: 75.03g (27.28%), Sugar: 69.27g (76.97%), Cholesterol: 0mg (0%), Sodium: 34.43mg (1.5%), Alcohol: 1.95g (100%), Alcohol %: 0.61% (100%), Protein: 0.64g (1.28%), Vitamin C: 35.78mg (43.37%), Vitamin K: 24.33µg

(23.17%), Vitamin A: 781.12IU (15.62%), Folate: 42.93µg (10.73%), Vitamin B6: 0.2mg (10.17%), Vitamin B1: 0.13mg (8.57%), Vitamin B2: 0.14mg (8.1%), Vitamin E: 1.13mg (7.55%), Iron: 1.29mg (7.18%), Copper: 0.12mg (6.12%), Fiber: 1.12g (4.46%), Potassium: 152.82mg (4.37%), Vitamin B3: 0.83mg (4.16%), Magnesium: 13.92mg (3.48%), Manganese: 0.05mg (2.7%), Calcium: 22.55mg (2.25%), Selenium: 1.53µg (2.18%), Phosphorus: 15.29mg (1.53%), Vitamin B5: 0.15mg (1.47%), Zinc: 0.17mg (1.12%)