



Mango Margarita

 **Gluten Free**  **Dairy Free**

READY IN



15 min.

SERVINGS



4

CALORIES



369 kcal

BEVERAGE

DRINK

Ingredients

- 3 cups ice cubes
- 4 servings lime wedges
- 1.3 pounds mangoes fresh
- 1.5 cups mango margarita mix
- 4 servings gray salt
- 0.5 cup sugar
- 4 ounces tequila
- 2 ounces triple sec

1 cup water

Equipment

blender

mortar and pestle

Directions

Peel and pit the mangoes and cut them into large chunks.

Place the mango in a blender with the water, sugar, and a pinch of salt. Blend until smooth. Taste and add more sugar, if necessary.

Fill the blender with ice and add the Mango Margarita

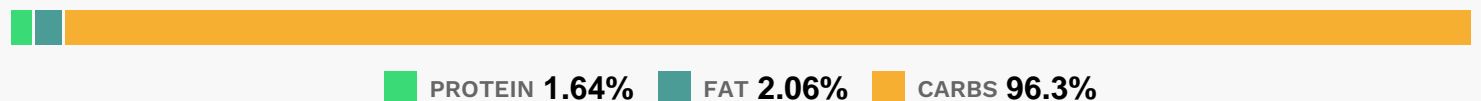
Mix, tequila, and triple sec. Blend until smooth. Rub the rim of a margarita glass with a lime wedge and dip into Mint Salt to coat rim. Fill glass and enjoy!

cup fresh mint leaves

cup gray salt or coarse sea salt

Clean and dry mint and roughly chop. With a mortar and pestle, crush equal parts fresh mint and salt.

Nutrition Facts



Properties

Glycemic Index:42.21, Glycemic Load:27.31, Inflammation Score:-8, Nutrition Score:8.2660869981932%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg, Catechin: 2.44mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg

Nutrients (% of daily need)

Calories: 368.62kcal (18.43%), Fat: 0.66g (1.02%), Saturated Fat: 0.15g (0.91%), Carbohydrates: 69.63g (23.21%), Net Carbohydrates: 67.33g (24.48%), Sugar: 67.75g (75.28%), Cholesterol: 0mg (0%), Sodium: 271.56mg (11.81%), Alcohol: 13.15g (100%), Alcohol %: 3.11% (100%), Caffeine: 3.69mg (1.23%), Protein: 1.18g (2.37%), Vitamin C: 51.89mg (62.89%), Vitamin A: 1534.21IU (30.68%), Folate: 61.03µg (15.26%), Copper: 0.21mg (10.47%), Fiber: 2.3g (9.18%), Vitamin E: 1.28mg (8.52%), Vitamin B6: 0.17mg (8.47%), Potassium: 244.52mg (6.99%), Vitamin K: 5.96µg (5.68%), Manganese: 0.1mg (4.92%), Vitamin B3: 0.97mg (4.87%), Magnesium: 17.03mg (4.26%), Vitamin B2: 0.06mg (3.63%), Vitamin B1: 0.04mg (2.82%), Vitamin B5: 0.28mg (2.81%), Calcium: 23.53mg (2.35%), Phosphorus: 22.01mg (2.2%), Selenium: 1.05µg (1.5%), Iron: 0.27mg (1.48%), Zinc: 0.17mg (1.14%)