



Mango Strawberry Margaritas



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



4

CALORIES



351 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 cups textured vegetable protein
- ☐ 1 cup strawberries halved
- ☐ 0.8 cup tequila
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons pear liqueur orange-flavored
- ☐ 0.3 cup sugar
- ☐ 4 cups ice cubes
- ☐ 4 lime wedges

☐ 1 serving sea salt

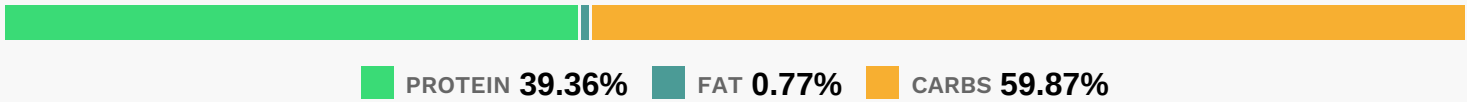
Equipment

☐ blender

Directions

- ☐ In blender, place all ingredients except lime wedges and salt. Cover; blend on medium speed until smooth and thick.
- ☐ Rub rims of 4 margarita glasses with lime wedge; dip rims of glasses into salt. Divide margarita mixture evenly among glasses.
- ☐ Serve immediately with lime wedges.

Nutrition Facts



Properties

Glycemic Index:39.27, Glycemic Load:9.99, Inflammation Score:-4, Nutrition Score:6.6526086861673%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 9.55mg, Hesperetin: 9.55mg, Hesperetin: 9.55mg, Hesperetin: 9.55mg Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg, Naringenin: 0.78mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 350.51kcal (17.53%), Fat: 0.2g (0.3%), Saturated Fat: 0.01g (0.07%), Carbohydrates: 34.78g (11.59%), Net Carbohydrates: 26.01g (9.46%), Sugar: 23.36g (25.96%), Cholesterol: 0mg (0%), Sodium: 65.82mg (2.86%), Alcohol: 18.01g (100%), Alcohol %: 5.39% (100%), Protein: 22.86g (45.73%), Vitamin C: 32.46mg (39.34%), Fiber: 8.77g (35.09%), Iron: 5.31mg (29.5%), Calcium: 170.58mg (17.06%), Manganese: 0.15mg (7.64%), Copper: 0.08mg (4.13%), Folate: 12.1µg (3.02%), Potassium: 98.19mg (2.81%), Magnesium: 9.74mg (2.44%), Phosphorus: 16.5mg (1.65%), Vitamin B6: 0.03mg (1.64%), Vitamin B1: 0.02mg (1.45%), Vitamin E: 0.19mg (1.26%), Vitamin B2: 0.02mg (1.1%), Vitamin B5: 0.11mg (1.09%), Vitamin B3: 0.21mg (1.05%)