



Mango Strawberry Margaritas



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



251 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 servings sea salt
- ☐ 4 cups ice cubes
- ☐ 0.3 cup juice of lime fresh
- ☐ 4 lime wedges
- ☐ 2 cups mangos
- ☐ 2 tablespoons pear liqueur orange-flavored
- ☐ 1 cup strawberries halved
- ☐ 0.3 cup sugar

☐ 0.8 cup tequila

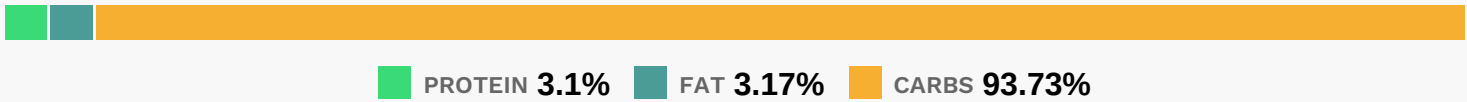
Equipment

☐ 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:52.21, Glycemic Load:15.71, Inflammation Score:-8, Nutrition Score:8.1304347204125%

Flavonoids

Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg, Cyanidin: 0.69mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Pelargonidin: 8.96mg, Pelargonidin: 8.96mg, Pelargonidin: 8.96mg, Pelargonidin: 8.96mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.54mg, Catechin: 2.54mg, Catechin: 2.54mg, Catechin: 2.54mg 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg 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: 250.73kcal (12.54%), Fat: 0.51g (0.79%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 34.08g (11.36%), Net Carbohydrates: 31.46g (11.44%), Sugar: 29.06g (32.29%), Cholesterol: 0mg (0%), Sodium: 208.14mg (9.05%), Alcohol: 18.01g (100%), Alcohol %: 4.98% (100%), Protein: 1.13g (2.26%), Vitamin C: 62.49mg (75.74%), Vitamin A: 916.05IU (18.32%), Folate: 47.57µg (11.89%), Fiber: 2.62g (10.5%), Manganese: 0.21mg (10.26%), Copper: 0.17mg (8.72%), Potassium: 236.82mg (6.77%), Vitamin B6: 0.13mg (6.55%), Vitamin E: 0.93mg (6.21%), Magnesium: 17.99mg (4.5%), Vitamin K: 4.49µg (4.27%), Vitamin B3: 0.76mg (3.81%), Calcium: 30.94mg (3.09%), Vitamin B1: 0.04mg (2.99%), Vitamin B2: 0.05mg (2.95%), Phosphorus: 28.05mg (2.81%), Vitamin B5: 0.27mg (2.71%), Iron: 0.43mg (2.4%), Zinc: 0.2mg (1.36%), Selenium: 0.81µg (1.15%)