



## Mango Thai Basil Margarita

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

READY IN



**10 min.**

SERVINGS



**1**

CALORIES



**507 kcal**

BEVERAGE

DRINK

### Ingredients

- 1.5 cups mangos fresh chopped
- 0.3 cup sugar
- 0.3 cup water
- 3 tablespoons pear puree
- 2 tablespoons tequila
- 0.3 oz clear candies orange-flavored
- 0.8 oz juice of lime fresh
- 2 basil fresh

1 oz seltzer water chilled

1 leaves thai basil

## Equipment

blender

## Directions


To make Mango Puree, place mango, sugar and water in blender. Cover; blend on high speed until smooth.

Transfer to storage container; cover and refrigerate up to 3 days. Makes about 1 1/2 cups.

To make margarita, add 1 1/2 oz of the mango puree, the tequila, orange-flavored liqueur, lime juice and torn basil leaves to cocktail shaker. Fill shaker with ice; cover and shake vigorously. Strain into cocktail glass filled with fresh ice; top with club soda.

Garnish with mango or additional Thai basil leaves.

## Nutrition Facts

 **PROTEIN 2.15%** **FAT 2.58%** **CARBS 95.27%**

## Properties

Glycemic Index:328.59, Glycemic Load:66.79, Inflammation Score:-10, Nutrition Score:15.96826075471%

## Flavonoids

Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg, Cyanidin: 0.29mg Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg, Delphinidin: 0.06mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Catechin: 5.02mg, Catechin: 5.02mg, Catechin: 5.02mg, Catechin: 5.02mg Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

## Nutrients (% of daily need)

Calories: 506.7kcal (25.33%), Fat: 1.35g (2.07%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 112g (37.33%), Net Carbohydrates: 107.23g (38.99%), Sugar: 106.88g (118.76%), Cholesterol: 0mg (0%), Sodium: 14.26mg (0.62%),

Alcohol: 10.02g (100%), Alcohol %: 2.42% (100%), Protein: 2.52g (5.05%), Vitamin C: 112.85mg (136.79%), Vitamin A: 3237.14IU (64.74%), Folate: 128.51µg (32.13%), Fiber: 4.78g (19.1%), Copper: 0.36mg (18%), Vitamin E: 2.68mg (17.89%), Vitamin B6: 0.36mg (17.89%), Vitamin K: 17.78µg (16.93%), Potassium: 521.54mg (14.9%), Manganese: 0.21mg (10.55%), Vitamin B3: 2mg (9.99%), Magnesium: 32.79mg (8.2%), Vitamin B2: 0.13mg (7.59%), Vitamin B5: 0.6mg (6.04%), Vitamin B1: 0.09mg (5.95%), Phosphorus: 45.77mg (4.58%), Calcium: 41.83mg (4.18%), Iron: 0.58mg (3.2%), Selenium: 2.18µg (3.11%), Zinc: 0.35mg (2.3%)