



Mango Thai Basil Margarita



Vegetarian



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



528 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 oz clear honey orange-flavored
- ☐ 1 oz seltzer water chilled
- ☐ 0.8 oz juice of lime fresh
- ☐ 1.5 cups mangos fresh chopped
- ☐ 3 tablespoons pear puree
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons tequila
- ☐ 1 leaves thai basil

- ☐ 2 basil fresh
- ☐ 0.3 cup water

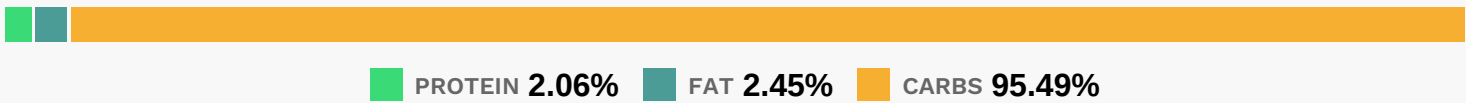
Equipment

- ☐ 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



Properties

Glycemic Index:380.86, Glycemic Load:69.83, Inflammation Score:-10, Nutrition Score:16.027825863465%

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: 528.24kcal (26.41%), Fat: 1.35g (2.07%), Saturated Fat: 0.27g (1.69%), Carbohydrates: 117.84g (39.28%), Net Carbohydrates: 113.05g (41.11%), Sugar: 112.7g (125.22%), Cholesterol: 0mg (0%), Sodium: 14.54mg (0.63%),

Alcohol: 10.02g (100%), Alcohol %: 2.42% (100%), Protein: 2.54g (5.09%), Vitamin C: 112.89mg (136.83%), Vitamin A: 3237.14IU (64.74%), Folate: 128.65µg (32.16%), Fiber: 4.79g (19.16%), Copper: 0.36mg (18.13%), Vitamin B6: 0.36mg (17.97%), Vitamin E: 2.68mg (17.89%), Vitamin K: 17.78µg (16.93%), Potassium: 525.22mg (15.01%), Manganese: 0.22mg (10.83%), Vitamin B3: 2.01mg (10.03%), Magnesium: 32.93mg (8.23%), Vitamin B2: 0.13mg (7.74%), Vitamin B5: 0.61mg (6.09%), Vitamin B1: 0.09mg (5.95%), Phosphorus: 46.05mg (4.6%), Calcium: 42.26mg (4.23%), Iron: 0.61mg (3.36%), Selenium: 2.23µg (3.19%), Zinc: 0.36mg (2.4%)