



Mangoritas



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 2 cups ice cubes
- ☐ 0.5 cup apricot-mango nectar
- ☐ 1 cup apricot-mango nectar
- ☐ 10 oz margarita cocktail frozen canned

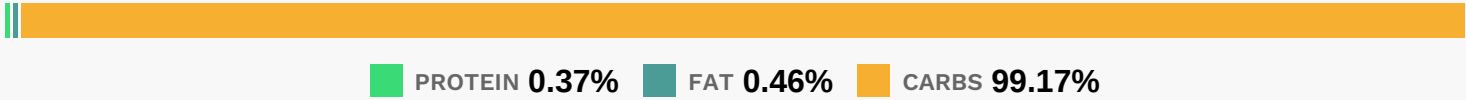
Equipment

- ☐ blender

Directions

- ☐ In blender, place all ingredients except ice. Cover; blend on high speed until blended.
- ☐ Add ice. Cover; blend until smooth and slushy.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-5, Nutrition Score:2.0299999998963%

Nutrients (% of daily need)

Calories: 110.37kcal (5.52%), Fat: 0.06g (0.09%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 27.38g (9.13%), Net Carbohydrates: 27.1g (9.86%), Sugar: 26.73g (29.69%), Cholesterol: 0mg (0%), Sodium: 60.94mg (2.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.1g (0.21%), Vitamin C: 14.31mg (17.34%), Vitamin A: 651.34IU (13.03%), Calcium: 19.55mg (1.96%), Iron: 0.34mg (1.88%), Folate: 6.59µg (1.65%), Copper: 0.03mg (1.65%), Vitamin E: 0.2mg (1.32%), Manganese: 0.03mg (1.32%), Fiber: 0.28g (1.13%)