



Mangoritas



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



78 kcal

SIDE DISH

Ingredients

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

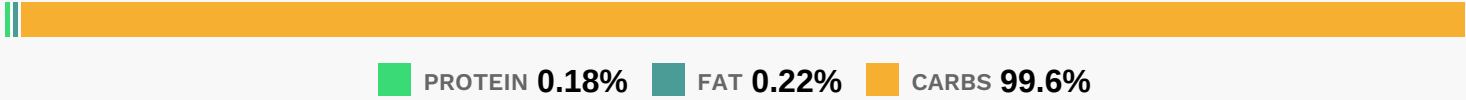
Equipment

- ☐ 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:-2, Nutrition Score:0.72565218466132%

Nutrients (% of daily need)

Calories: 78.37kcal (3.92%), Fat: 0.02g (0.03%), Saturated Fat: 0g (0.03%), Carbohydrates: 19.16g (6.39%), Net Carbohydrates: 19.07g (6.93%), Sugar: 18.94g (21.05%), Cholesterol: 0mg (0%), Sodium: 57.8mg (2.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.03g (0.07%), Vitamin C: 4.77mg (5.78%), Vitamin A: 217.12IU (4.34%), Copper: 0.02mg (1.18%)