



Mangoritas

 Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



347 kcal

SIDE DISH

Ingredients

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

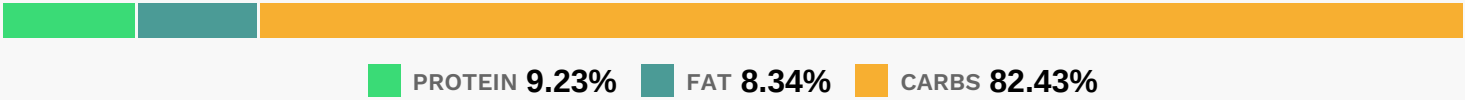
Equipment

- ☐ 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:5.3643478589213%

Nutrients (% of daily need)

Calories: 346.62kcal (17.33%), Fat: 3.43g (5.28%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 76.32g (25.44%), Net Carbohydrates: 67.6g (24.58%), Sugar: 26.73g (29.69%), Cholesterol: 0mg (0%), Sodium: 55.03mg (2.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.54g (17.08%), Fiber: 8.72g (34.88%), Phosphorus: 234.76mg (23.48%), Vitamin C: 14.31mg (17.34%), Iron: 2.77mg (15.38%), Vitamin A: 651.34IU (13.03%), Potassium: 295.96mg (8.46%), Folate: 6.59µg (1.65%), Calcium: 16mg (1.6%), Vitamin E: 0.2mg (1.32%), Manganese: 0.03mg (1.32%)