



## Margarita

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



1

CALORIES



1101 kcal

BEVERAGE

DRINK

## Ingredients

- 1 serving ice cubes
- 2 tablespoons kosher salt
- 2 ounces juice of lime freshly squeezed
- 1 lime zest
- 0.5 teaspoon orange liqueur
- 1 cup sugar
- 2 tablespoons sugar
- 3 ounces tequila

1 cup water

## Equipment

sauce pan

blender

microwave

## Directions

Fill a cocktail shaker with ice.

Add tequila, lime juice, Simple Syrup and orange liqueur. Cover and shake until mixed and chilled, about 30 seconds. (In general, the drink is ready by the time the shaker mists up.)

Place Lime-salt-sugar on a plate. Press the rim of a chilled rocks or wine glass into the mixture to rim the edge. Strain margarita into the glass.

Put the sugar and water in a small saucepan. Cook over low heat, stirring, until the sugar dissolves. (Alternatively, heat in the microwave.) Store in a sealed container in the refrigerator for up to 1 month.

Blend together lime, salt and sugar in a small blender or mini food chopper.

## Nutrition Facts

**PROTEIN 0.3%** **FAT 0.85%** **CARBS 98.85%**

## Properties

Glycemic Index:187.18, Glycemic Load:158.03, Inflammation Score:-4, Nutrition Score:4.5882608760958%

## Flavonoids

Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg, Eriodictyol: 1.24mg Hesperetin: 33.9mg, Hesperetin: 33.9mg, Hesperetin: 33.9mg, Hesperetin: 33.9mg Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg, Naringenin: 2.49mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

## Nutrients (% of daily need)

Calories: 1100.84kcal (55.04%), Fat: 0.9g (1.38%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 235.72g (78.57%), Net Carbohydrates: 233.62g (84.95%), Sugar: 226.45g (251.61%), Cholesterol: 0mg (0%), Sodium: 13973.27mg (607.53%), Alcohol: 29.06g (100%), Alcohol %: 4.82% (100%), Protein: 0.71g (1.42%), Vitamin C: 36.51mg (44.25%), Fiber: 2.1g (8.41%), Copper: 0.15mg (7.55%), Calcium: 49.73mg (4.97%), Potassium: 144.49mg (4.13%), Vitamin B2:

0.07mg (4.01%), Iron: 0.72mg (4%), Manganese: 0.08mg (3.81%), Magnesium: 11.92mg (2.98%), Folate: 11.03µg (2.76%), Vitamin B1: 0.04mg (2.63%), Vitamin B6: 0.05mg (2.56%), Selenium: 1.71µg (2.45%), Phosphorus: 23.55mg (2.35%), Vitamin B5: 0.22mg (2.15%), Vitamin E: 0.27mg (1.81%), Zinc: 0.24mg (1.61%), Vitamin A: 61.85IU (1.24%), Vitamin B3: 0.23mg (1.15%)