



Margarita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



218 kcal

BEVERAGE

DRINK

Ingredients



2 cups ice cubes



0.3 cup kosher salt



1 ounce juice of lime fresh



1 lime wedges



2 teaspoons caster sugar



2 ounces tequila



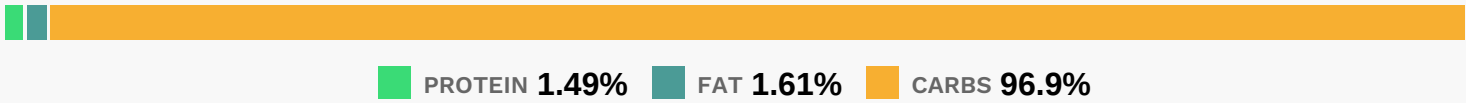
0.5 ounce orange liqueur

Equipment

Directions

- ☐ Spread salt on small plate. Rub lime wedge halfway around rim of 10-ounce glass (such as double old-fashioned). Dip moistened side of glass in salt to lightly coat. Set aside.
- ☐ In cocktail shaker, stir together lime juice and sugar until sugar partially dissolves (about 5 seconds).
- ☐ Add Cointreau, tequila, and 1 cup ice cubes. Shake vigorously for 25 seconds, then strain into prepared glass. Fill glass with remaining ice cubes.

Nutrition Facts



Properties

Glycemic Index:117.09, Glycemic Load:6.03, Inflammation Score:-3, Nutrition Score:2.1873912798322%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 10.28mg, Hesperetin: 10.28mg, Hesperetin: 10.28mg, Hesperetin: 10.28mg Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg, Naringenin: 0.72mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 217.92kcal (10.9%), Fat: 0.12g (0.19%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 16.81g (5.6%), Net Carbohydrates: 16.19g (5.89%), Sugar: 13.33g (14.81%), Cholesterol: 0mg (0%), Sodium: 28319.71mg (1231.29%), Alcohol: 22.62g (100%), Alcohol %: 4.27% (100%), Caffeine: 3.69mg (1.23%), Protein: 0.26g (0.52%), Vitamin C: 13.74mg (16.66%), Copper: 0.14mg (6.75%), Manganese: 0.09mg (4.62%), Calcium: 41.85mg (4.18%), Fiber: 0.62g (2.47%), Magnesium: 9.23mg (2.31%), Iron: 0.41mg (2.28%), Potassium: 62.92mg (1.8%), Zinc: 0.19mg (1.27%), Vitamin B1: 0.02mg (1.1%), Folate: 4.28µg (1.07%), Phosphorus: 10.33mg (1.03%)