



Margarita Granita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



5

CALORIES



307 kcal

DESSERT

Ingredients

- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.5 cup juice of lime fresh
- ☐ 2 teaspoons lime zest grated
- ☐ 6 tablespoons orange liqueur
- ☐ 1 cup sugar
- ☐ 5 servings sugar
- ☐ 6 tablespoons tequila
- ☐ 3 cups water

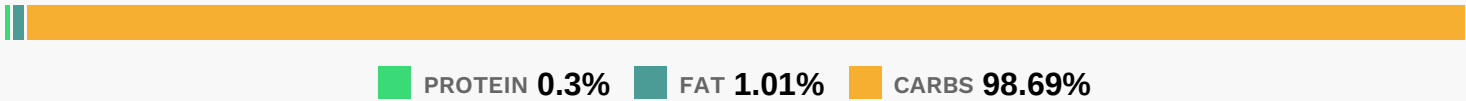
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Bring 3 cups water and sugar to a boil in a saucepan, stirring mixture constantly.
- ☐ Pour into a large bowl; add lime juice and next 4 ingredients. Cover and freeze 8 hours.
- ☐ Process frozen mixture in a blender or food processor until slushy.
- ☐ Dip margarita glass rims into water; dip rims in sugar. Spoon granita into glasses.
- ☐ Note: For a nonalcoholic version, omit liquors, and add 1/2 cup fresh orange juice.

Nutrition Facts



Properties

Glycemic Index:37.44, Glycemic Load:36.32, Inflammation Score:-2, Nutrition Score:1.4069564763619%

Flavonoids

Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg, Eriodictyol: 1.32mg Hesperetin: 4.87mg, Hesperetin: 4.87mg, Hesperetin: 4.87mg, Hesperetin: 4.87mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 307.09kcal (15.35%), Fat: 0.28g (0.43%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 60.83g (20.28%), Net Carbohydrates: 60.66g (22.06%), Sugar: 58.52g (65.03%), Cholesterol: 0mg (0%), Sodium: 9.9mg (0.43%), Alcohol: 10.69g (100%), Alcohol %: 5% (100%), Caffeine: 4.68mg (1.56%), Protein: 0.18g (0.36%), Vitamin C: 13.79mg (16.71%), Copper: 0.05mg (2.35%), Potassium: 52.68mg (1.51%), Folate: 5.74µg (1.43%), Magnesium: 4.92mg (1.23%), Vitamin B2: 0.02mg (1.12%)