



Margarita Ice Pops

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



306 kcal

Ingredients

- 0.3 cup kosher salt
- 6 fruit frozen lime-flavored
- 6 tablespoons juice of lime fresh
- 0.5 cup tequila

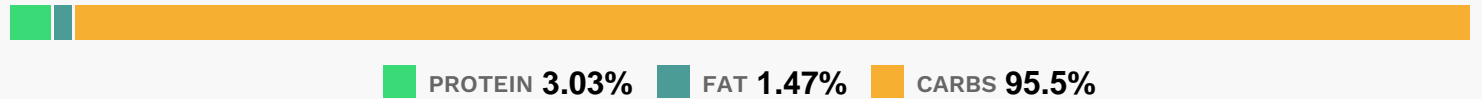
Equipment

- bowl
- measuring cup

Directions

- Mix tequila and lime juice in 1-cup measuring cup.
- Place coarse salt in small bowl.
- Place all ice pops, sticks up, in deep bowl, or place 1 pop in each of 6 glasses.
- Pour tequila mixture over ice pops. Lightly dip 1 edge of each ice pop into coarse salt and serve.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0, Inflammation Score:-7, Nutrition Score:7.9865217419422%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 306.45kcal (15.32%), Fat: 0.46g (0.71%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 67.19g (22.4%), Net Carbohydrates: 59.93g (21.79%), Sugar: 50.88g (56.53%), Cholesterol: 0mg (0%), Sodium: 4738.56mg (206.02%), Alcohol: 6.68g (100%), Alcohol %: 1.7% (100%), Protein: 2.13g (4.27%), Fiber: 7.26g (29.04%), Vitamin A: 1366.5IU (27.33%), Vitamin K: 20.79µg (19.8%), Copper: 0.35mg (17.47%), Vitamin C: 14.4mg (17.45%), Potassium: 419.42mg (11.98%), Vitamin B3: 1.79mg (8.94%), Iron: 1.46mg (8.09%), Manganese: 0.14mg (7%), Vitamin B2: 0.11mg (6.53%), Magnesium: 23.82mg (5.96%), Phosphorus: 56.9mg (5.69%), Vitamin B1: 0.06mg (3.93%), Vitamin B6: 0.08mg (3.9%), Zinc: 0.44mg (2.91%), Calcium: 27.52mg (2.75%), Folate: 10.5µg (2.63%), Vitamin B5: 0.2mg (2.03%)