



Margarita Marinade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



7

CALORIES



139 kcal

SEASONING

MARINADE

Ingredients

- ☐ 2 teaspoons coarse kosher salt
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.8 cup tequila
- ☐ 0.8 cup triple sec

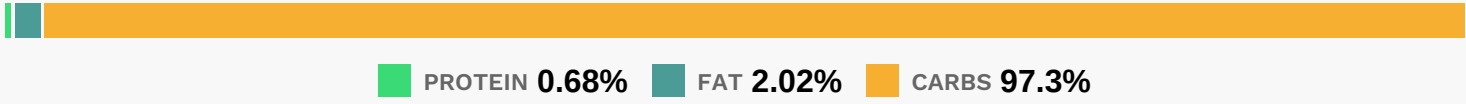
Equipment

- ☐ bowl
- ☐ whisk

Directions

In a bowl, whisk together tequila and triple sec. Stir in lime juice and salt. Stir until salt dissolves.

Nutrition Facts



Properties

Glycemic Index:2.14, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.3678260916925%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg, Hesperetin: 0.78mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 139.44kcal (6.97%), Fat: 0.08g (0.13%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 8.87g (2.96%), Net Carbohydrates: 8.84g (3.21%), Sugar: 8.29g (9.21%), Cholesterol: 0mg (0%), Sodium: 666.88mg (28.99%), Alcohol: 15.16g (100%), Alcohol %: 31.32% (100%), Caffeine: 6.57mg (2.19%), Protein: 0.06g (0.12%), Vitamin C: 2.59mg (3.14%)