



Margarita On The Rocks



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



249 kcal

BEVERAGE

DRINK

Ingredients



2 servings ice cubes



0.3 cup lemon-lime soda to taste



0.3 cup juice of lime sweetened (such as Rose's®)



0.5 cup silver tequila



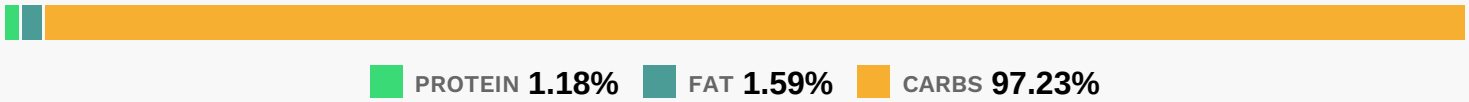
0.3 cup triple sec

Equipment

Directions

- ☐
- Rim 2 margarita glasses with salt if desired, and fill with ice.
- ☐
- Pour the tequila, sweetened lime juice, triple sec, and lemon–lime soda into a shaker filled with ice, hold your hand firmly over over the top of the shaker so the top doesn't pop off from the carbonated soda, and shake vigorously.
- ☐
- Pour into prepared margarita glasses, and serve.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0, Inflammation Score:–3, Nutrition Score:1.0473912941373%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 249.12kcal (12.46%), Fat: 0.11g (0.17%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 15.12g (5.04%), Net Carbohydrates: 15g (5.45%), Sugar: 13.02g (14.46%), Cholesterol: 0mg (0%), Sodium: 9.31mg (0.4%), Alcohol: 27.71g (100%), Alcohol %: 17.11% (100%), Caffeine: 12.1mg (4.03%), Protein: 0.18g (0.37%), Vitamin C: 9.07mg (11%), Copper: 0.04mg (2.08%), Potassium: 45.74mg (1.31%), Manganese: 0.02mg (1.06%), Magnesium: 4.16mg (1.04%)