

Margarita Sunrise



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



439 kcal

BEVERAGE

DRINK

Ingredients

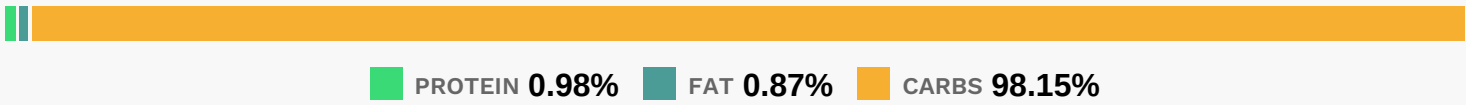
- ☐ 2 teaspoons grenadine syrup
- ☐ 1 serving ice cubes
- ☐ 3 tablespoons seltzer water soft
- ☐ 0.3 cup juice of lime fresh
- ☐ 3 tablespoons orange juice
- ☐ 3 tablespoons orange liqueur
- ☐ 0.3 cup powdered sugar
- ☐ 2 tablespoons tequila

Equipment

Directions

- ☐ Rub rim of a chilled margarita glass with lime wedge, and dip rim in salt to coat, if desired.
- ☐ Pour lime juice, liqueur, orange juice, tequila, and powdered sugar over ice in a cocktail shaker. Cover with lid, and shake until thoroughly chilled. Strain into prepared glass.
- ☐ Add club soda or lemon–lime soft drink for a little fizz, if desired. Top with grenadine.
- ☐ Serve immediately.
- ☐ *1/3 cup thawed frozen limeade concentrate may be substituted for fresh lime juice. Omit powdered sugar, and proceed with recipe as directed.
- ☐ Note: For testing purposes only, we used Cointreau for orange liqueur and Jose Cuervo Especial for tequila.

Nutrition Facts



Properties

Glycemic Index:167, Glycemic Load:10.73, Inflammation Score:-5, Nutrition Score:4.7921739946241%

Flavonoids

Eriodictyol: 1.85mg, Eriodictyol: 1.85mg, Eriodictyol: 1.85mg, Eriodictyol: 1.85mg Hesperetin: 13.33mg, Hesperetin: 13.33mg, Hesperetin: 13.33mg, Hesperetin: 13.33mg Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 438.78kcal (21.94%), Fat: 0.29g (0.45%), Saturated Fat: 0.07g (0.41%), Carbohydrates: 74.54g (24.85%), Net Carbohydrates: 74.11g (26.95%), Sugar: 64.84g (72.05%), Cholesterol: 0mg (0%), Sodium: 22.18mg (0.96%), Alcohol: 21.72g (100%), Alcohol %: 7.67% (100%), Caffeine: 11.7mg (3.9%), Protein: 0.74g (1.48%), Vitamin C: 49.7mg (60.24%), Potassium: 215.53mg (6.16%), Folate: 23.37µg (5.84%), Vitamin B1: 0.07mg (4.64%), Copper: 0.09mg (4.3%), Magnesium: 14.9mg (3.72%), Vitamin A: 142.33IU (2.85%), Vitamin B6: 0.05mg (2.57%), Vitamin B2: 0.04mg (2.52%), Phosphorus: 24.34mg (2.43%), Calcium: 22.37mg (2.24%), Vitamin B5: 0.2mg (1.96%), Vitamin B3: 0.39mg (1.94%), Manganese: 0.04mg (1.84%), Fiber: 0.42g (1.7%), Iron: 0.25mg (1.38%), Vitamin E: 0.2mg (1.32%), Zinc: 0.19mg (1.23%)