



Margaritas

 Vegetarian  Vegan  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



231 kcal

BEVERAGE

DRINK

Ingredients

- 0.5 cup all-bran cereal such as newman's own
- 1.5 ounces tequila (3 tablespoons or 1 shot)
- 1 tablespoon orange liqueur such as cointreau or grand marnier
- 1 tablespoon juice of lime fresh
- 1 slices lime for garnish
- 1 serving coarse salt for rimming the glass

Equipment

Directions

- Place coarse salt on a small plate. Rub rim of glass with lime wedge and dip in coarse salt if desired.
- Add ice to glass if using.
- Combine drink ingredients in a cocktail shaker, add some ice and shake vigorously, then strain into prepared glass.
- Garnish rim with lime slice.
- Note: If you want to prepare a pitcher instead of making individual cocktails, simply adjust the quantities for the number of drinks you need.
- Mix the limeade, tequila, Cointreau and lime juice in a pitcher, keep cool, then pour into prepared glasses over ice when ready to serve.

Nutrition Facts

 **PROTEIN 11.14%**  **FAT 9.51%**  **CARBS 79.35%**

Properties

Glycemic Index:91.67, Glycemic Load:6.39, Inflammation Score:-9, Nutrition Score:33.218695448793%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 4.36mg, Hesperetin: 4.36mg, Hesperetin: 4.36mg, Hesperetin: 4.36mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 230.57kcal (11.53%), Fat: 1.59g (2.44%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 29.83g (9.94%), Net Carbohydrates: 20.49g (7.45%), Sugar: 10.07g (11.19%), Cholesterol: 0mg (0%), Sodium: 275.84mg (11.99%), Alcohol: 18.1g (100%), Alcohol %: 20.67% (100%), Caffeine: 3.9mg (1.3%), Protein: 4.19g (8.38%), Vitamin B6: 3.73mg (186.46%), Manganese: 2.31mg (115.55%), Folate: 408.16µg (102.04%), Vitamin B12: 5.83µg (97.13%), Vitamin B2: 0.85mg (49.84%), Vitamin B1: 0.71mg (47.51%), Fiber: 9.34g (37.36%), Phosphorus: 362.46mg (36.25%), Iron: 5.54mg (30.77%), Magnesium: 114.29mg (28.57%), Zinc: 3.89mg (25.9%), Vitamin B3: 4.65mg (23.25%), Copper: 0.35mg (17.3%), Vitamin C: 12.74mg (15.44%), Calcium: 125.27mg (12.53%), Vitamin A: 552.57IU (11.05%), Potassium: 346.28mg (9.89%), Vitamin D: 1.33µg (8.89%), Selenium: 3µg (4.29%), Vitamin B5: 0.36mg (3.62%), Vitamin E: 0.42mg (2.78%), Vitamin K: 1.74µg (1.66%)