

Margaritas



Vegetarian



Vegan

READY IN



5 min.

SERVINGS



1

CALORIES



306 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 serving kosher salt
- ☐ 1 serving splash lemon juice
- ☐ 30 ml lemonade concentrate
- ☐ 1 serving splash lime juice
- ☐ 30 ml liqueur orange-flavored recommended: Grand Marnier
- ☐ 1 pinch sugar
- ☐ 60 ml tequila

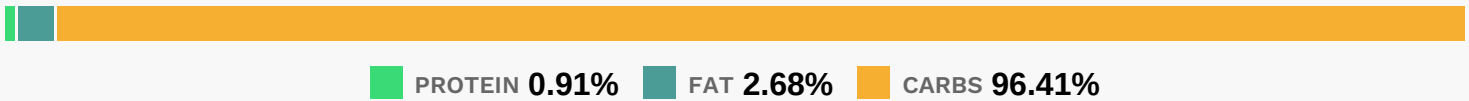
Equipment

blender

Directions

- In a blender, add tequila, orange-flavored liqueur, citrus juices, lemonade concentrate, sugar (if desired) and crushed ice (if desired or to desired frozen consistency). Blend mixture until smooth and pour into salted glasses.
- Serve and good drinking!

Nutrition Facts



Properties

Glycemic Index:85.09, Glycemic Load:0.7, Inflammation Score:-4, Nutrition Score:1.8639129989821%

Flavonoids

Eriodictyol: 1.39mg, Eriodictyol: 1.39mg, Eriodictyol: 1.39mg, Eriodictyol: 1.39mg Hesperetin: 4.86mg, Hesperetin: 4.86mg, Hesperetin: 4.86mg, Hesperetin: 4.86mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 306.22kcal (15.31%), Fat: 0.36g (0.55%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 29.16g (9.72%), Net Carbohydrates: 28.91g (10.51%), Sugar: 24.87g (27.63%), Cholesterol: 0mg (0%), Sodium: 199.65mg (8.68%), Alcohol: 28.11g (100%), Alcohol %: 21.3% (100%), Caffeine: 7.78mg (2.59%), Protein: 0.27g (0.55%), Vitamin C: 18.74mg (22.71%), Potassium: 82.4mg (2.35%), Folate: 8.1µg (2.03%), Copper: 0.04mg (1.97%), Magnesium: 6.3mg (1.58%), Vitamin B1: 0.02mg (1.46%), Manganese: 0.03mg (1.38%), Vitamin B6: 0.02mg (1.25%), Phosphorus: 11.73mg (1.17%), Fiber: 0.25g (1.02%)