



Merry Cranberry Margaritas

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



10 min.

SERVINGS



4

CALORIES



383 kcal

BEVERAGE

DRINK

Ingredients

- 6 oz cranberries fresh rinsed
- 1.3 cups cranberry juice cocktail divided
- 3 cups ice crushed
- 0.8 cup juice of lime fresh
- 0.5 cup pear liqueur orange-flavored such as cointreau
- 0.5 cup sugar divided
- 0.8 cup tequila

Equipment

- bowl
- blender
- toothpicks

Directions

- Pour 1/4 cup cranberry juice into a shallow bowl.
- Pour 3 tbsp. sugar onto a plate. Dip rims of 4 to 6 widemouthed glasses (6 to 8 oz., suitable for margaritas) into juice, then sugar. Set glasses aside.
- Reserve 12 cranberries. In a blender, whirl the remaining cranberries, cranberry juice, and sugar, the lime juice, tequila, orange liqueur, and ice until smooth and slushy. If necessary, blend in 2 batches, then mix together. Divide among glasses and garnish with reserved berries, skewered on toothpicks.

Nutrition Facts

■ PROTEIN **0.68%**
■ FAT **0.97%**
■ CARBS **98.35%**

Properties

Glycemic Index:47.52, Glycemic Load:25.46, Inflammation Score:-5, Nutrition Score:5.0126086888106%

Flavonoids

Cyanidin: 20.04mg, Cyanidin: 20.04mg, Cyanidin: 20.04mg, Cyanidin: 20.04mg Delphinidin: 3.27mg, Delphinidin: 3.27mg, Delphinidin: 3.27mg, Delphinidin: 3.27mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 21.23mg, Peonidin: 21.23mg, Peonidin: 21.23mg, Peonidin: 21.23mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg, Epicatechin: 2.64mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 4.07mg, Hesperetin: 4.07mg, Hesperetin: 4.07mg, Hesperetin: 4.07mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 3mg, Myricetin: 3mg, Myricetin: 3mg, Myricetin: 3mg Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg, Quercetin: 8.28mg

Nutrients (% of daily need)

Calories: 382.58kcal (19.13%), Fat: 0.25g (0.38%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 56.12g (18.71%), Net Carbohydrates: 54.4g (19.78%), Sugar: 48.45g (53.83%), Cholesterol: 0mg (0%), Sodium: 12.91mg (0.56%), Alcohol: 26.96g (100%), Alcohol %: 7.7% (100%), Protein: 0.39g (0.77%), Vitamin C: 53.01mg (64.25%), Manganese: 0.21mg (10.42%), Fiber: 1.71g (6.85%), Vitamin E: 0.84mg (5.57%), Copper: 0.08mg (4.18%), Vitamin K: 3.19µg (3.04%), Potassium: 99.58mg (2.85%), Vitamin B5: 0.22mg (2.22%), Magnesium: 8.75mg (2.19%), Vitamin B6: 0.04mg (2.1%), Calcium: 17.7mg (1.77%), Iron: 0.25mg (1.38%), Phosphorus: 13.62mg (1.36%), Vitamin B2: 0.02mg (1.29%), Vitamin B1: 0.02mg (1.28%), Folate: 4.96µg (1.24%), Vitamin A: 54.53IU (1.09%)