



## Merry Margaritas

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

READY IN



45 min.

SERVINGS



5

CALORIES



171 kcal

BEVERAGE

DRINK

## Ingredients

- 3 tablespoons cranberry juice cocktail concentrate thawed
- 5 servings ice cubes
- 2 tablespoons juice of lime fresh
- 10 ounce margarita cocktail frozen canned
- 2 tablespoons orange liqueur
- 0.8 cup tequila

## Equipment

- blender

## Directions

- Combine first 5 ingredients in a blender. Fill with ice to 5-cup level, and process until smooth.
- Serve immediately.

## Nutrition Facts

PROTEIN 0.19% FAT 0.26% CARBS 99.55%

## Properties

Glycemic Index:3, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.59130435161616%

## Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 170.87kcal (8.54%), Fat: 0.02g (0.03%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 19.04g (6.35%), Net Carbohydrates: 19g (6.91%), Sugar: 17.85g (19.83%), Cholesterol: 0mg (0%), Sodium: 44.37mg (1.93%), Alcohol: 13.58g (100%), Alcohol %: 10.15% (100%), Protein: 0.04g (0.07%), Vitamin C: 5.86mg (7.11%), Copper: 0.02mg (1.12%), Manganese: 0.02mg (1.05%)