

Mock Margaritas

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



10

CALORIES



54 kcal

SIDE DISH

Ingredients

- 2 cups seltzer water chilled
- 10 servings coarse salt
- 3 cups ice crushed
- 6 oz lemonade concentrate frozen thawed canned ()
- 10 servings lime wedges
- 6 oz limeade concentrate frozen thawed canned ()
- 0.3 cup powdered sugar

Equipment

blender

Directions

- Rub rims of glasses with lime wedges; dip in salt to coat.
- In blender, place lemonade and limeade concentrates, powdered sugar and ice. Cover; blend until slushy.
- Add club soda; stir gently.
- Pour mixture carefully into glasses.
- Garnish with lime wedges.

Nutrition Facts

 **PROTEIN 0.31%**  **FAT 1.91%**  **CARBS 97.78%**

Properties

Glycemic Index:3.2, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:0.40652174186771%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 54.15kcal (2.71%), Fat: 0.12g (0.19%), Saturated Fat: 0g (0.03%), Carbohydrates: 13.93g (4.64%), Net Carbohydrates: 13.85g (5.04%), Sugar: 12.78g (14.2%), Cholesterol: 0mg (0%), Sodium: 209.06mg (9.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.04g (0.09%), Vitamin C: 3.05mg (3.69%), Copper: 0.02mg (1.01%)