

Patriotic Margaritas

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

READY IN



70 min.

SERVINGS



1

CALORIES



1074 kcal

BEVERAGE

DRINK

Ingredients

- 1 cup sugar
- 1 cup water
- 0.3 cup cranberry juice cocktail
- 1 oz tequila (clear)
- 1 oz pear liqueur orange-flavored
- 1 tablespoon simple syrup glaze
- 1 tablespoon juice of lemon fresh
- 1 serving ice cubes

1 serving lemon wedges

1 serving sprinkles

Equipment

sauce pan

Directions

To make simple syrup, mix sugar and water in 1-quart saucepan.

Heat to boiling over medium-high heat, stirring until sugar is dissolved.

Remove from heat and set aside to cool, about 1 hour.

Pour syrup into glass jar, cover jar and refrigerate until needed. 1 1/4 cups (use 1 tablespoon per margarita).

To prepare cocktail, add cranberry juice, tequila, orange-flavored liqueur, simple syrup and lemon juice to cocktail shaker filled with ice. Cover and shake. Rub rim of martini glass with lemon wedge; dip in sugar. Strain cocktail into glass.

Nutrition Facts

PROTEIN 0.03% **FAT 1.15%** **CARBS 98.82%**

Properties

Glycemic Index:170.59, Glycemic Load:144.76, Inflammation Score:-2, Nutrition Score:2.9900000286491%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg, Eriodictyol: 0.95mg Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg, Hesperetin: 2.45mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 1073.62kcal (53.68%), Fat: 1.26g (1.94%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 244.03g (81.34%), Net Carbohydrates: 243.96g (88.71%), Sugar: 242.3g (269.23%), Cholesterol: 0mg (0%), Sodium: 29.95mg (1.3%), Alcohol: 20.91g (100%), Alcohol %: 4.02% (100%), Protein: 0.06g (0.13%), Vitamin C: 33.09mg (40.11%), Iron: 0.91mg (5.07%), Copper: 0.08mg (3.99%), Vitamin B2: 0.05mg (3.15%), Manganese: 0.05mg (2.28%), Selenium: 1.49µg (2.12%), Vitamin B1: 0.03mg (2.11%), Calcium: 16.44mg (1.64%), Magnesium: 6.54mg (1.63%), Potassium: 42.85mg (1.22%), Vitamin E: 0.16mg (1.09%)