

Patriotic Margaritas



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



1

CALORIES



1078 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup cranberry juice cocktail
- ☐ 1 serving ice cubes
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 serving lemon wedges
- ☐ 1 oz pear liqueur orange-flavored
- ☐ 1 tablespoon simple syrup glaze
- ☐ 1 cup sugar
- ☐ 1 serving sugar

- ☐ 1 oz tequila (clear)
- ☐ 1 cup water

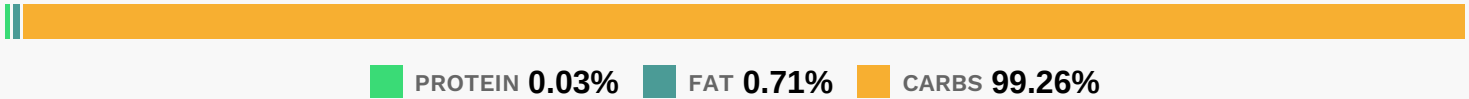
Equipment

- ☐ 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



Properties

Glycemic Index:240.68, Glycemic Load:153.14, Inflammation Score:-2, Nutrition Score:3.0069565368087%

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: 1077.52kcal (53.88%), Fat: 0.78g (1.2%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 246.59g (82.2%),
Net Carbohydrates: 246.51g (89.64%), Sugar: 245.18g (272.42%), Cholesterol: 0mg (0%), Sodium: 30.07mg (1.31%),
Alcohol: 20.91g (100%), Alcohol %: 4.01% (100%), Protein: 0.06g (0.13%), Vitamin C: 33.09mg (40.11%), Iron: 0.92mg
(5.1%), Copper: 0.08mg (4.04%), Vitamin B2: 0.06mg (3.29%), Manganese: 0.05mg (2.3%), Selenium: 1.56µg
(2.23%), Vitamin B1: 0.03mg (2.11%), Calcium: 16.56mg (1.66%), Magnesium: 6.54mg (1.63%), Potassium: 43.09mg
(1.23%), Vitamin E: 0.16mg (1.09%)