



Peach Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



243 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 servings granulated sugar
- ☐ 3 cups ice crushed
- ☐ 1 medium lime cut in half
- ☐ 0.5 can orange juice concentrate frozen thawed (12-ounce size)
- ☐ 6 slices peaches
- ☐ 2 tablespoons powdered sugar
- ☐ 1 cup tequila

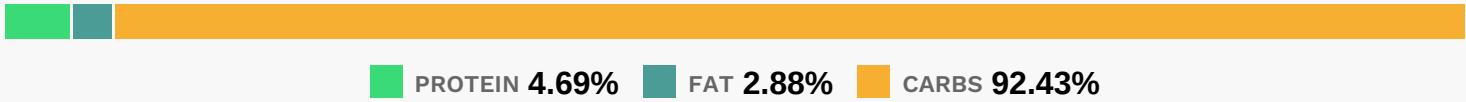
Equipment

☐ blender

Directions

- ☐ Rub rims of 6 stemmed glasses with 1 lime half; dip rims of glasses into granulated sugar.
- ☐ Squeeze juice from both lime halves into blender.
- ☐ Add remaining ingredients except peach slices to blender. Cover and blend on high speed until foamy.
- ☐ Pour into glasses.
- ☐ Garnish sides of glasses with peach slices.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:26.22, Glycemic Load:13.98, Inflammation Score:-6, Nutrition Score:6.8291304318801%

Flavonoids

Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg, Quercetin: 1.06mg

Nutrients (% of daily need)

Calories: 243.27kcal (12.16%), Fat: 0.52g (0.8%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 37.59g (12.53%), Net Carbohydrates: 34.79g (12.65%), Sugar: 32.97g (36.63%), Cholesterol: 0mg (0%), Sodium: 27.97mg (1.22%), Alcohol: 13.36g (100%), Alcohol %: 4.76% (100%), Protein: 1.91g (3.81%), Vitamin C: 35.3mg (42.79%), Vitamin A: 574.9IU (11.5%), Fiber: 2.8g (11.2%), Potassium: 312.01mg (8.91%), Vitamin E: 1.26mg (8.37%), Copper: 0.17mg (8.31%), Vitamin B3: 1.46mg (7.31%), Vitamin B1: 0.09mg (6.1%), Folate: 23.8µg (5.95%), Manganese: 0.11mg (5.56%), Magnesium: 20.39mg (5.1%), Vitamin B2: 0.09mg (5.02%), Selenium: 3.44µg (4.91%), Phosphorus: 48.32mg (4.83%), Vitamin K: 4.76µg (4.53%), Vitamin B6: 0.09mg (4.49%), Iron: 0.67mg (3.74%), Vitamin B5: 0.36mg (3.59%), Zinc: 0.42mg (2.83%), Calcium: 20.29mg (2.03%)