

## Perfect Margarita

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



149 kcal

BEVERAGE

DRINK

### Ingredients

- 1 serving ice cubes
- 1 ounce juice of lime freshly squeezed
- 1.5 ounces tequila (blanco, 100 percent agave)
- 0.5 ounce triple sec (not Triple Sec)

### Equipment

- paper towels

## Directions

- If using salt, place in a shallow dish. Moisten the rim of a rocks glass with a dampened paper towel, then dip in salt. Fill the glass with ice; add tequila, lime juice, and Cointreau; and stir a few times until chilled.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:15, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:0.90695653564256%

## Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

## Nutrients (% of daily need)

Calories: 148.98kcal (7.45%), Fat: 0.06g (0.1%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 6.84g (2.49%), Sugar: 5.04g (5.6%), Cholesterol: 0mg (0%), Sodium: 4.93mg (0.21%), Alcohol: 17.89g (100%), Alcohol %: 16.07% (100%), Caffeine: 3.69mg (1.23%), Protein: 0.13g (0.27%), Vitamin C: 8.5mg (10.31%), Copper: 0.03mg (1.56%), Potassium: 38.27mg (1.09%)