



Pineapple-Chile Margarita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



304 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup agave nectar blue 100%
- ☐ 2 cups ice cubes divided
- ☐ 3 tablespoons juice of lime fresh
- ☐ 0.8 inch pineapple peeled
- ☐ 4 slices jalapeno red with seeds
- ☐ 3 tablespoons simple syrup glaze
- ☐ 2 tablespoons orange liqueur

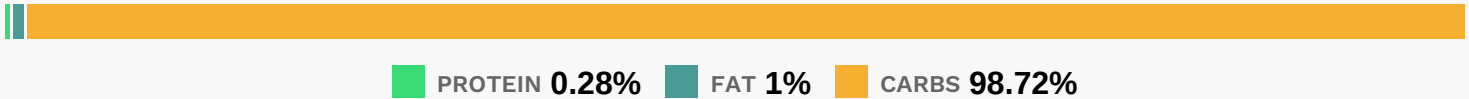
Equipment

- ☐ bowl
- ☐ wooden spoon
- ☐ measuring cup

Directions

- ☐ Place pineapple chunks and red jalapeño slices in medium bowl. Press firmly on solids with muddler or back of wooden spoon until mashed.
- ☐ Mix in tequila, lime juice, Simple Syrup, and Cointreau, then 1 cup ice. Stir to blend well. Strain into large glass measuring cup. Divide remaining ice between 2 tall glasses.
- ☐ Pour Margarita mixture over.

Nutrition Facts



Properties

Glycemic Index:59.33, Glycemic Load:6.42, Inflammation Score:-2, Nutrition Score:3.9347825840763%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg, Hesperetin: 2.02mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 304.3kcal (15.22%), Fat: 0.32g (0.49%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 70.99g (23.66%), Net Carbohydrates: 70.74g (25.73%), Sugar: 64.77g (71.97%), Cholesterol: 0mg (0%), Sodium: 33.27mg (1.45%), Alcohol: 3.9g (100%), Alcohol %: 1.37% (100%), Caffeine: 3.9mg (1.3%), Protein: 0.2g (0.4%), Vitamin C: 19.43mg (23.55%), Vitamin K: 12.8µg (12.19%), Vitamin B1: 0.11mg (7.63%), Vitamin B6: 0.15mg (7.42%), Vitamin B2: 0.12mg (6.82%), Iron: 1.18mg (6.57%), Folate: 19.38µg (4.85%), Vitamin E: 0.6mg (4.02%), Copper: 0.06mg (3.23%), Vitamin B3: 0.49mg (2.46%), Magnesium: 8.74mg (2.19%), Selenium: 1.22µg (1.75%), Potassium: 59.4mg (1.7%), Calcium: 15.25mg (1.53%), Manganese: 0.02mg (1.1%)