



Pineapple Margarita

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



266 kcal

Ingredients

- 2 servings ice cubes crushed
- 6 tablespoons juice of lime fresh
- 0.5 cup pineapple juice
- 2 teaspoons sugar
- 0.5 cup tequila
- 3 tablespoons triple sec

Equipment

Directions

- Place first 5 ingredients in a cocktail shaker.
- Add ice; shake vigorously until blended.
- Garnish with lime slice, if desired.

Nutrition Facts



■ PROTEIN 1.81% ■ FAT 1.75% ■ CARBS 96.44%

Properties

Glycemic Index:65.55, Glycemic Load:6.23, Inflammation Score:0, Nutrition Score:3.2013043748296%

Flavonoids

Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 4.04mg, Hesperetin: 4.04mg, Hesperetin: 4.04mg, Hesperetin: 4.04mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 265.82kcal (13.29%), Fat: 0.18g (0.28%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 22.61g (7.54%), Net Carbohydrates: 22.31g (8.11%), Sugar: 17.89g (19.87%), Cholesterol: 0mg (0%), Sodium: 7.32mg (0.32%), Alcohol: 25.89g (100%), Alcohol %: 13.31% (100%), Caffeine: 5.85mg (1.95%), Protein: 0.42g (0.85%), Vitamin C: 19.4mg (23.52%), Manganese: 0.32mg (16.01%), Copper: 0.08mg (4.18%), Potassium: 137.38mg (3.93%), Vitamin B6: 0.08mg (3.84%), Folate: 15.12µg (3.78%), Vitamin B1: 0.05mg (3.33%), Magnesium: 11.91mg (2.98%), Calcium: 15.91mg (1.59%), Phosphorus: 14.77mg (1.48%), Vitamin B2: 0.03mg (1.47%), Iron: 0.26mg (1.46%), Fiber: 0.3g (1.19%), Vitamin B3: 0.22mg (1.11%)