



Pink Grapefruit Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



360 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup ruby grapefruit juice red
- ☐ 2 cups ice cubes
- ☐ 4 servings kosher salt
- ☐ 1 lime cut in wedges, optional
- ☐ 0.5 cup juice of lime freshly squeezed 4 limes
- ☐ 1 cup orange liqueur
- ☐ 1 cup tequila white

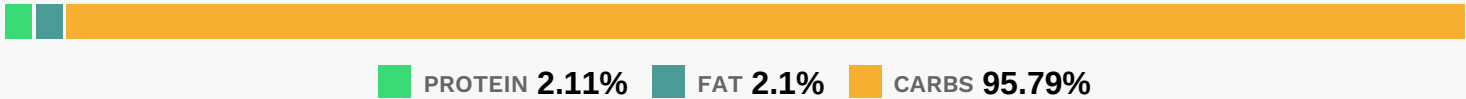
Equipment

☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ If you like a salt rim on the glasses, rub the lime around the edge of the glass and then dip the rim of each glass lightly in a plate of kosher salt. Set aside to dry.
- ☐ Combine the grapefruit juice, lime juice, orange liqueur, and ice in a blender and puree until smooth.
- ☐ Pour into a large pitcher and stir in the tequila. If youre not serving the margaritas in salted glasses, stir 1/4 teaspoon of salt into the pitcher of margaritas. Believe me, it will make a difference!
- ☐ Serve ice cold.

Nutrition Facts



Properties

Glycemic Index:23.75, Glycemic Load:3.53, Inflammation Score:-5, Nutrition Score:2.9795652718648%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 9.92mg, Hesperetin: 9.92mg, Hesperetin: 9.92mg, Hesperetin: 9.92mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 360.05kcal (18%), Fat: 0.29g (0.45%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 29.85g (9.95%), Net Carbohydrates: 29.2g (10.62%), Sugar: 26.28g (29.2%), Cholesterol: 0mg (0%), Sodium: 207.14mg (9.01%), Alcohol: 35.38g (100%), Alcohol %: 13.04% (100%), Caffeine: 15.34mg (5.11%), Protein: 0.66g (1.31%), Vitamin C: 29.82mg (36.15%), Potassium: 167mg (4.77%), Copper: 0.07mg (3.72%), Magnesium: 12.28mg (3.07%), Fiber: 0.65g (2.6%), Iron: 0.42mg (2.36%), Phosphorus: 19.68mg (1.97%), Calcium: 18.74mg (1.87%), Vitamin B3: 0.35mg (1.73%), Manganese: 0.03mg (1.41%), Folate: 5.55µg (1.39%), Vitamin B5: 0.13mg (1.33%), Vitamin B1: 0.02mg (1.24%), Zinc: 0.16mg (1.04%), Vitamin B2: 0.02mg (1.02%)