



Pink Lemonade Margarita

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



5

CALORIES



26 kcal

BEVERAGE

DRINK

Ingredients

- 5 cups ice cubes crushed
- 1 Tbsp juice of lime
- 0.5 cup orange juice cold
- 2 Tbsp tequila
- 1.5 cups water cold

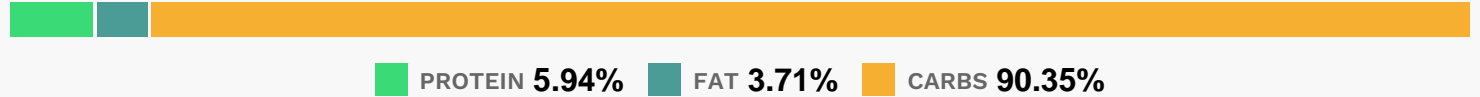
Equipment

- blender

Directions

- Place drink mix, water, orange juice, tequila and lime juice in blender container; cover.
- Blend on high speed until drink mix is dissolved.
- Add ice; cover. Blend on high speed until thickened and smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:13.4, Glycemic Load:1.32, Inflammation Score:-1, Nutrition Score:1.3860869809337%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 3.23mg, Hesperetin: 3.23mg, Hesperetin: 3.23mg, Hesperetin: 3.23mg Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg, Naringenin: 0.54mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 25.77kcal (1.29%), Fat: 0.05g (0.08%), Saturated Fat: 0.01g (0.04%), Carbohydrates: 2.83g (0.94%), Net Carbohydrates: 2.77g (1.01%), Sugar: 2.13g (2.37%), Cholesterol: 0mg (0%), Sodium: 15.75mg (0.68%), Alcohol: 2g (100%), Alcohol %: 0.74% (100%), Protein: 0.19g (0.37%), Vitamin C: 13.3mg (16.12%), Copper: 0.06mg (3.11%), Folate: 7.74µg (1.93%), Vitamin B1: 0.02mg (1.56%), Potassium: 53.23mg (1.52%), Magnesium: 6.04mg (1.51%), Calcium: 12.37mg (1.24%), Vitamin A: 51.1IU (1.02%)