



Pomegranate Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



199 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 12 ounces ice cubes
- ☐ 2 ounces juice of lime fresh
- ☐ 0.3 cup pomegranate juice store bought for garnish fine
- ☐ 2 servings margarita salt
- ☐ 4 ounces tequila blanco
- ☐ 1 ounce triple sec

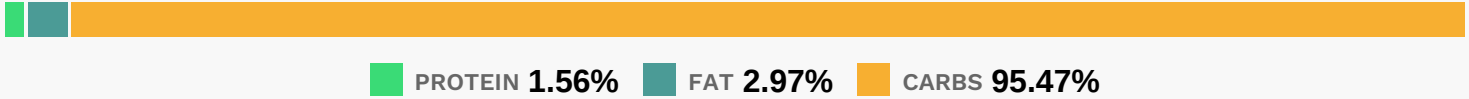
Equipment

- ☐ blender

Directions

- Combine all ingredients, except salt, in a blender and pulse until frothy and well combined. Rim glasses with lime juice using a lime wedge then dip in margarita salt, drop some fresh pomegranate seeds in the bottom of the glass and pour margarita mix over the top.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:1.6030434946651%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg, Pelargonidin: 0.03mg 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: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 198.53kcal (9.93%), Fat: 0.15g (0.23%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 11.03g (3.68%), Net Carbohydrates: 10.88g (3.96%), Sugar: 8.97g (9.96%), Cholesterol: 0mg (0%), Sodium: 207.36mg (9.02%), Alcohol: 22.62g (100%), Alcohol %: 9.53% (100%), Caffeine: 3.69mg (1.23%), Protein: 0.18g (0.36%), Vitamin C: 8.54mg (10.35%), Vitamin K: 3.41µg (3.24%), Potassium: 105.2mg (3.01%), Copper: 0.06mg (2.96%), Folate: 10.31µg (2.58%), Manganese: 0.05mg (2.39%), Magnesium: 6.58mg (1.64%), Calcium: 12.76mg (1.28%), Vitamin B5: 0.12mg (1.24%), Vitamin E: 0.18mg (1.2%), Vitamin B6: 0.02mg (1.19%), Vitamin B1: 0.02mg (1.05%), Phosphorus: 10.51mg (1.05%)