

Pomegranate Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



327 kcal

BEVERAGE

DRINK

Ingredients



1 habanero chile



4 servings ice cubes



2 tablespoons juice of lime for garnish 2 limes



0.5 cup pomegranate juice



1 cup sugar



0.5 cup tequila white



0.3 cup triple sec



1 cup water

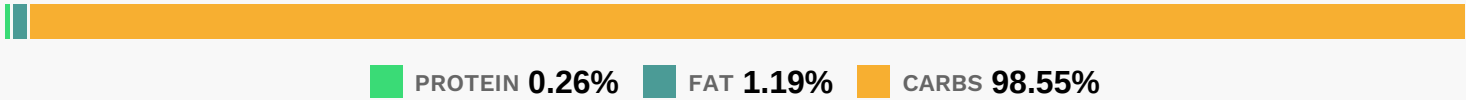
Equipment

☐ sauce pan

Directions

- ☐ Pour lime juice, tequila, Triple Sec, pomegranate juice and Habanero Simple Syrup into a small pitcher filled with ice and stir well.
- ☐ Pour into ice filled glasses and garnish with lime wedges.;
- ☐ Place sugar and water in a small saucepan and stir to combine. Poke holes in the habanero and add to the saucepan. Bring to a gentle boil over medium-high heat. Reduce heat and simmer until sugar is completely dissolved and syrup is slightly thickened, about 3 minutes.
- ☐ Remove from heat and let cool. Refrigerate until ready to use.

Nutrition Facts



Properties

Glycemic Index:40.52, Glycemic Load:35.17, Inflammation Score:-2, Nutrition Score:1.4221739250681%

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 Hesperetin: 3.18mg, Hesperetin: 3.18mg, Hesperetin: 3.18mg, Hesperetin: 3.18mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 327.26kcal (16.36%), Fat: 0.32g (0.49%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 59.62g (19.87%), Net Carbohydrates: 59.35g (21.58%), Sugar: 58.83g (65.37%), Cholesterol: 0mg (0%), Sodium: 10.91mg (0.47%), Alcohol: 13.85g (100%), Alcohol %: 7% (100%), Caffeine: 3.84mg (1.28%), Protein: 0.16g (0.32%), Vitamin C: 5.78mg (7%), Vitamin K: 3.63µg (3.46%), Potassium: 88.22mg (2.52%), Copper: 0.05mg (2.43%), Manganese: 0.04mg (2.24%), Folate: 8.64µg (2.16%), Vitamin B6: 0.03mg (1.43%), Vitamin B2: 0.02mg (1.22%), Magnesium: 4.79mg (1.2%), Vitamin B5: 0.11mg (1.1%), Fiber: 0.28g (1.1%), Calcium: 10.32mg (1.03%), Vitamin E: 0.15mg (1.01%)