



## Pomegranate Margaritas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



6 min.

SERVINGS



2

CALORIES



121 kcal

BEVERAGE

DRINK

### Ingredients

- 1 serving ice cubes
- 0.3 cup tequila
- 0.3 cup pomegranate juice fresh (or bottled)
- 1 tablespoon juice of lime fresh
- 1 tablespoon agave nectar blue
- 1 serving lime wedges

### Equipment

- sieve

## Directions

- In a cocktail shaker, add all ingredients except lime wedges. Shake until mixed.
- Pour through a strainer into two glasses; garnish each with lime wedge.

## Nutrition Facts

**PROTEIN 0.69%** **FAT 2.45%** **CARBS 96.86%**

## Properties

Glycemic Index:31, Glycemic Load:1.21, Inflammation Score:-1, Nutrition Score:1.3117391408786%

## 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: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Nutrients (% of daily need)

Calories: 120.68kcal (6.03%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 12.69g (4.61%), Sugar: 11.2g (12.44%), Cholesterol: 0mg (0%), Sodium: 5.08mg (0.22%), Alcohol: 10.02g (100%), Alcohol %: 11.8% (100%), Protein: 0.09g (0.18%), Vitamin K: 5.65µg (5.38%), Vitamin C: 4.21mg (5.11%), Folate: 11.41µg (2.85%), Potassium: 76.91mg (2.2%), Vitamin B6: 0.04mg (2.02%), Manganese: 0.04mg (1.84%), Vitamin E: 0.24mg (1.59%), Vitamin B2: 0.02mg (1.44%), Vitamin B1: 0.02mg (1.42%), Copper: 0.02mg (1.03%)