



Pomegranate Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



256 kcal

BEVERAGE

DRINK

Ingredients

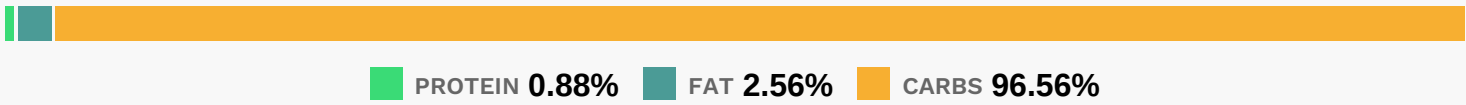
- ☐ 4 servings ice cubes
- ☐ 1 slices lime
- ☐ 0.5 cup juice of lime fresh (6 limes)
- ☐ 0.3 cup orange liqueur
- ☐ 1.5 cups pomegranate juice
- ☐ 0.3 cup sugar
- ☐ 0.8 cup tequila
- ☐ 0.3 cup water hot

Equipment

Directions

- ☐ Stir together sugar and hot water until sugar is dissolved. Stir in 1 1/2 cups pomegranate juice and next 3 ingredients.
- ☐ Pour desired amount of pomegranate juice mixture into a cocktail shaker filled with ice cubes. Cover with lid, and shake 30 seconds or until thoroughly chilled.
- ☐ Remove lid, and strain into chilled cocktail glasses. Repeat procedure with remaining pomegranate mixture.
- ☐ Garnish, if desired.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Triple Sec orange liqueur.

Nutrition Facts



Properties

Glycemic Index:29.27, Glycemic Load:8.77, Inflammation Score:-3, Nutrition Score:2.8465217118678%

Flavonoids

Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 3.47mg, Hesperetin: 3.47mg, Hesperetin: 3.47mg, Hesperetin: 3.47mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 256.02kcal (12.8%), Fat: 0.38g (0.58%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 32.16g (10.72%), Net Carbohydrates: 31.9g (11.6%), Sugar: 29.53g (32.81%), Cholesterol: 0mg (0%), Sodium: 14.34mg (0.62%), Alcohol: 18.86g (100%), Alcohol %: 8.91% (100%), Caffeine: 3.84mg (1.28%), Protein: 0.29g (0.59%), Vitamin C: 9.68mg (11.73%), Vitamin K: 9.9µg (9.43%), Potassium: 242.57mg (6.93%), Folate: 25.58µg (6.39%), Manganese: 0.11mg (5.27%), Vitamin B5: 0.31mg (3.07%), Vitamin E: 0.43mg (2.83%), Copper: 0.06mg (2.82%), Magnesium: 10.21mg (2.55%), Vitamin B6: 0.05mg (2.5%), Phosphorus: 17.51mg (1.75%), Calcium: 17.48mg (1.75%), Vitamin B1:

0.03mg (1.69%), Vitamin B2: 0.02mg (1.46%), Vitamin B3: 0.29mg (1.46%), Fiber: 0.26g (1.05%)