



Pomegranate Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



171 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 10 strips of cucumber for garnish thin
- ☐ 0.8 cup juice of lime fresh
- ☐ 2.5 cups pomegranate juice (see Note)
- ☐ 1 cup sugar
- ☐ 1 cup añejo tequila
- ☐ 0.5 cup water

Equipment

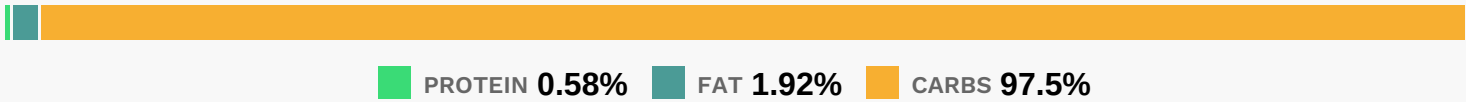
- ☐ sauce pan

☐ lemon squeezer

Directions

- ☐ In a small saucepan, combine the sugar and water and simmer over high heat, stirring, until the sugar has dissolved; let cool completely.
- ☐ In a tall pitcher, combine the sugar syrup with the pomegranate juice, tequila and lime juice. Stir well, fill the pitcher with ice and stir again.
- ☐ Pour into 10 margarita, martini or cordial glasses, garnish each with a cucumber strip and serve.
- ☐ Notes: To make fresh pomegranate juice, cut the pomegranates in half crosswise and use a citrus juicer, preferably a large one, to extract the juice. One large pomegranate yields 1/3 cup of juice, which can be frozen for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:10.01, Glycemic Load:13.96, Inflammation Score:-1, Nutrition Score:1.7769565212986%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg, Eriodictyol: 0.4mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 170.71kcal (8.54%), Fat: 0.26g (0.4%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 29.62g (9.87%), Net Carbohydrates: 29.48g (10.72%), Sugar: 28.12g (31.25%), Cholesterol: 0mg (0%), Sodium: 7.02mg (0.31%), Alcohol: 8.02g (100%), Alcohol %: 7.4% (100%), Protein: 0.18g (0.35%), Vitamin C: 5.54mg (6.71%), Vitamin K: 6.65µg (6.34%), Potassium: 156.69mg (4.48%), Folate: 16.9µg (4.22%), Manganese: 0.07mg (3.41%), Vitamin B5: 0.2mg (2.02%), Vitamin E: 0.28mg (1.85%), Vitamin B6: 0.03mg (1.63%), Magnesium: 6.05mg (1.51%), Copper: 0.03mg (1.35%), Phosphorus: 10.56mg (1.06%), Vitamin B1: 0.02mg (1.04%), Calcium: 10.08mg (1.01%)