



Pomegranate Margaritas



Gluten Free



Dairy Free

READY IN



9 min.

SERVINGS



9

CALORIES



764 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 9 servings plus light
- ☐ 4 cups cranberry juice cocktail
- ☐ 23 ounce cranberry juice cocktail frozen undiluted thawed canned
- ☐ 24 ounce limeade concentrate frozen undiluted thawed canned
- ☐ 20 ounce margarita cocktail frozen thawed canned
- ☐ 2 cups pomegranate juice with pom)*
- ☐ 9 servings coarse sparkling sugar
- ☐ 6 cups tequila white

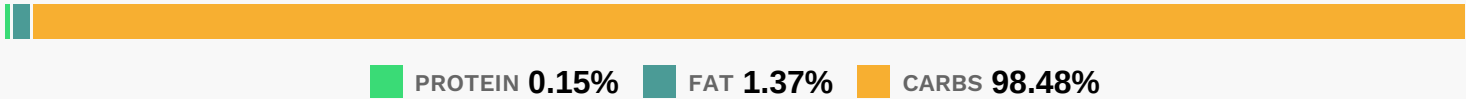
- ☐ 1.5 cups triple sec
- ☐ 12 cups water

Equipment

Directions

- ☐ Combine first 8 ingredients in a very large plastic container. Cover and freeze at least 24 hours or until slushy.
- ☐ Pour a small amount of corn syrup onto a flat plate.
- ☐ Pour coarse sugar onto another plate. Dip rims of margarita glasses in corn syrup; dip each glass into sugar.
- ☐ Pour margaritas into prepared glasses.
- ☐ Freezer Note: For more convenient storage, divide Pomegranate Margaritas among zip-top freezer bags.
- ☐ *Find pomegranate juice year-round in the produce section of your local grocery store.

Nutrition Facts



Properties

Glycemic Index:24.9, Glycemic Load:23.5, Inflammation Score:-7, Nutrition Score:6.6799999436607%

Flavonoids

Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg, Cyanidin: 2.01mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 0.76mg, Peonidin: 0.76mg, Peonidin: 0.76mg, Peonidin: 0.76mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg, Epicatechin: 1.83mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg, Quercetin: 4.68mg

Nutrients (% of daily need)

Calories: 764.25kcal (38.21%), Fat: 0.5g (0.78%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 81.4g (27.13%), Net Carbohydrates: 81.35g (29.58%), Sugar: 77.8g (86.44%), Cholesterol: 0mg (0%), Sodium: 76.93mg (3.34%), Alcohol: 63.67g (100%), Alcohol %: 8.9% (100%), Caffeine: 10.23mg (3.41%), Protein: 0.12g (0.24%), Vitamin C: 80.61mg (97.71%), Manganese: 0.18mg (8.9%), Vitamin K: 7.6µg (7.24%), Copper: 0.14mg (7.14%), Potassium: 167.11mg (4.77%), Vitamin E: 0.62mg (4.11%), Folate: 14.04µg (3.51%), Magnesium: 11.58mg (2.89%), Vitamin B5: 0.26mg (2.63%), Calcium: 23.25mg (2.33%), Iron: 0.33mg (1.85%), Phosphorus: 17.45mg (1.75%), Zinc: 0.23mg (1.51%), Vitamin B1: 0.02mg (1.44%), Vitamin B3: 0.29mg (1.44%), Vitamin B2: 0.02mg (1.41%), Vitamin B6: 0.03mg (1.34%), Selenium: 0.81µg (1.15%)