



Prickly Pear Cactus Margarita



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



252 kcal

BEVERAGE

DRINK

Ingredients

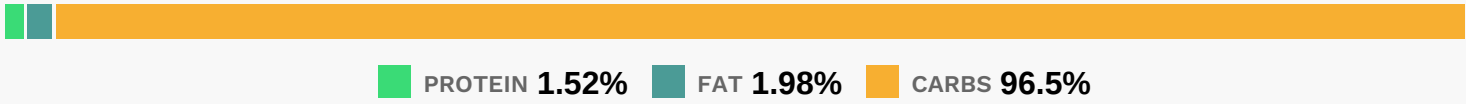
- ☐ 1 serving coarse salt as needed
- ☐ 1 fluid ounce juice of lime
- ☐ 1 fluid ounce prickly pear syrup
- ☐ 2 fluid ounces tequila
- ☐ 1 fluid ounce triple sec
- ☐ 2 fluid ounces mix sweet sour
- ☐ 2 fluid ounces mix sweet sour

Equipment

Directions

- ☐
- Pour salt into a small plate. Wet the rim of a margarita glass and dip rim into salt.
- ☐
- Fill a cocktail shaker with ice; pour tequila, sweet and sour mix, triple sec, lime juice, and pear syrup over ice. Cover shaker and shake drink; strain into prepared margarita glass.

Nutrition Facts



Properties

Glycemic Index:51.75, Glycemic Load:1.31, Inflammation Score:-4, Nutrition Score:1.56999999805378%

Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg, Epicatechin: 1.11mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg, Eriodictyol: 0.65mg Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg, Hesperetin: 2.65mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 251.94kcal (12.6%), Fat: 0.15g (0.23%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 16.51g (5.5%), Net Carbohydrates: 15.47g (5.63%), Sugar: 12.9g (14.34%), Cholesterol: 0mg (0%), Sodium: 197.63mg (8.59%), Alcohol: 27.44g (100%), Alcohol %: 23.44% (100%), Caffeine: 7.69mg (2.56%), Protein: 0.26g (0.52%), Vitamin C: 10.14mg (12.29%), Fiber: 1.03g (4.14%), Copper: 0.06mg (2.83%), Potassium: 78.99mg (2.26%), Manganese: 0.04mg (1.78%), Vitamin K: 1.48µg (1.41%), Magnesium: 5.33mg (1.33%), Folate: 5.03µg (1.26%), Phosphorus: 11.83mg (1.18%), Vitamin B2: 0.02mg (1.06%), Vitamin B1: 0.02mg (1.04%), Vitamin B6: 0.02mg (1.02%)