



Prickly Pear Margarita with Ancho Chile Salt



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



132 kcal

SIDE DISH

Ingredients



0.5 ounce agave nectar



2 tablespoons ancho chili powder



0.5 tablespoon granulated sugar



1 tablespoon kosher salt



0.5 ounce juice of lime fresh



1 ounce pears



2 dashes rosewater

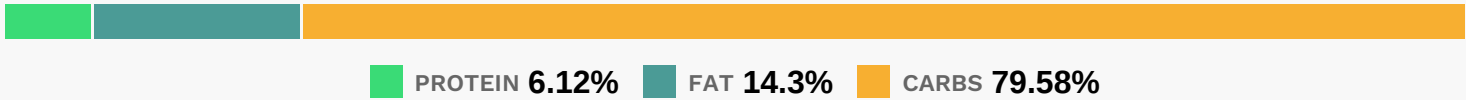
Equipment

☐ bowl

Directions

- ☐ Combine all the ingredients in a small bowl.
- ☐ For the margarita: Shake all ingredients and strain into chilled cocktail glass rimmed with ancho salt.

Nutrition Facts



Properties

Glycemic Index:121.84, Glycemic Load:7.07, Inflammation Score:-10, Nutrition Score:14.026087128598%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg 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: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg 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: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg, Hesperetin: 1.27mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 131.86kcal (6.59%), Fat: 2.42g (3.72%), Saturated Fat: 0.4g (2.51%), Carbohydrates: 30.26g (10.09%), Net Carbohydrates: 23.73g (8.63%), Sugar: 19.78g (21.98%), Cholesterol: 0mg (0%), Sodium: 7240.03mg (314.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Vitamin A: 4758.17IU (95.16%), Vitamin E: 6.31mg (42.04%), Fiber: 6.53g (26.13%), Vitamin K: 21.43µg (20.41%), Vitamin B6: 0.38mg (19.09%), Iron: 2.91mg (16.15%), Manganese: 0.31mg (15.36%), Vitamin B2: 0.18mg (10.85%), Potassium: 363.6mg (10.39%), Vitamin B3: 2.02mg (10.1%), Copper: 0.19mg (9.71%), Vitamin C: 7.99mg (9.69%), Magnesium: 27.28mg (6.82%), Calcium: 61.86mg (6.19%), Phosphorus: 53.53mg (5.35%), Selenium: 3.6µg (5.14%), Zinc: 0.75mg (4.98%), Vitamin B1: 0.06mg (4.28%), Folate: 12.13µg (3.03%), Vitamin B5: 0.17mg (1.73%)