



Prickly Pear Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



197 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 4 cups ice cubes crushed
- ☐ 1 cup juice of lime
- ☐ 0.8 cup orange-flavor liqueur
- ☐ 1.3 pounds prickly pear fruit green red
- ☐ 2 tablespoons sugar
- ☐ 1 cup tequila

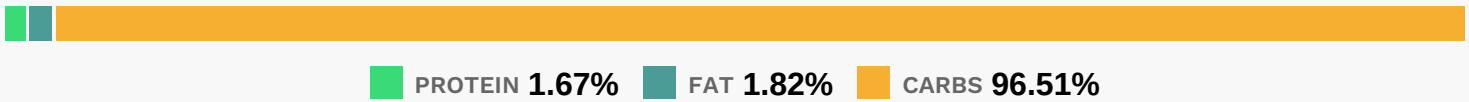
Equipment

- ☐ blender

Directions

- ☐ Cut ends from prickly pears.
- ☐ Cut a 1/8-inch-deep lengthwise slit through peel on each fruit. Pull back peel and remove from pulp; discard peel.
- ☐ Cut fruit pulp into 1/2-inch chunks.
- ☐ In a blender, combine half of all these ingredients: prickly pear chunks, lime juice, tequila, orange liqueur, and sugar; whirl until smooth.
- ☐ Add half the ice and whirl until blended.
- ☐ Pour into glasses slowly, leaving seeds behind. Discard seeds.
- ☐ Repeat step 2 with remaining pear chunks, lime juice, tequila, liqueur, sugar, and ice.
- ☐ Garnish with lime slices.

Nutrition Facts



Properties

Glycemic Index:15.23, Glycemic Load:5.25, Inflammation Score:-3, Nutrition Score:2.4069565353186%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.66mg, Epicatechin: 2.66mg, Epicatechin: 2.66mg, Epicatechin: 2.66mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg, Isorhamnetin: 0.21mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 196.96kcal (9.85%), Fat: 0.2g (0.3%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 23.43g (7.81%), Net Carbohydrates: 21.11g (7.68%), Sugar: 17.54g (19.49%), Cholesterol: 0mg (0%), Sodium: 9.33mg (0.41%), Alcohol: 15.77g (100%), Alcohol %: 7.28% (100%), Caffeine: 5.75mg (1.92%), Protein: 0.4g (0.81%), Vitamin C: 12.12mg

(14.69%), Fiber: 2.32g (9.27%), Copper: 0.1mg (5.03%), Potassium: 124.9mg (3.57%), Vitamin K: 3.3µg (3.14%), Manganese: 0.05mg (2.44%), Magnesium: 9.23mg (2.31%), Folate: 7.99µg (2%), Vitamin B6: 0.03mg (1.62%), Vitamin B2: 0.03mg (1.61%), Phosphorus: 15.27mg (1.53%), Calcium: 14.41mg (1.44%), Vitamin B1: 0.02mg (1.25%), Vitamin E: 0.15mg (1.01%), Iron: 0.18mg (1.01%)