

Raspberry Lemon Margarita

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

30 min.

SERVINGS

servings

4

CALORIES

calories

94 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup club soda
- ☐ 2 cups ice cubes
- ☐ 2 tablespoons juice of lemon divided
- ☐ 2 tablespoons powdered lemonade mix frozen
- ☐ 1 cup raspberries frozen
- ☐ 4 servings salt for garnish
- ☐ 3 ounces tequila

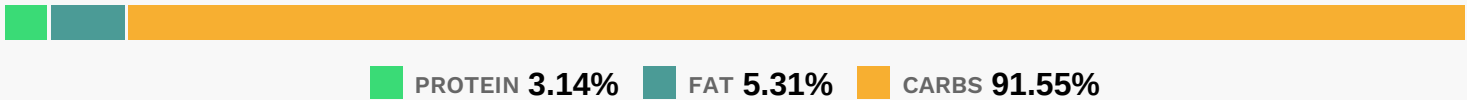
Equipment

☐ blender

Directions

- ☐ Place ice in blender and pulse several times, to begin breaking it up.
- ☐ Add raspberries, club soda, lemonade mix, 1 tablespoon lemon juice, and tequila and blend until thick and smooth, about 30 seconds.
- ☐ Pour 1 tablespoon or so of lemon juice into a small saucer. In another saucer, pour a thin layer of salt (table salt, or kosher is even better). Dip the rims of the glassed in the lemon juice, then the salt.
- ☐ Pour frozen mix into salted glass and serve.

Nutrition Facts



Properties

Glycemic Index:10.25, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:2.726087000059%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 94.31kcal (4.72%), Fat: 0.29g (0.45%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 11.28g (3.76%), Net Carbohydrates: 9.27g (3.37%), Sugar: 8.52g (9.46%), Cholesterol: 0mg (0%), Sodium: 207.17mg (9.01%), Alcohol: 7.1g (100%), Alcohol %: 4.51% (100%), Protein: 0.39g (0.77%), Vitamin C: 13.71mg (16.62%), Manganese: 0.21mg (10.38%), Fiber: 2g (8.01%), Magnesium: 26.65mg (6.66%), Copper: 0.06mg (2.8%), Vitamin K: 2.34µg (2.23%), Folate: 8.24µg (2.06%), Vitamin E: 0.28mg (1.88%), Potassium: 64.65mg (1.85%), Calcium: 13.84mg (1.38%), Iron:

0.24mg (1.33%), Zinc: 0.17mg (1.15%), Vitamin B5: 0.11mg (1.13%), Vitamin B6: 0.02mg (1.1%), Phosphorus: 10.45mg (1.04%)