



Raspberry Margaritas

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



6

CALORIES



221 kcal

BEVERAGE

DRINK

Ingredients

- 6 servings ice cubes
- 0.5 cup juice of lemon fresh
- 1 cup brandy-based orange liqueur grand marnier® (such as)
- 1 cup raspberries unsweetened frozen
- 2 tablespoons caster sugar
- 0.8 cup gold tequila

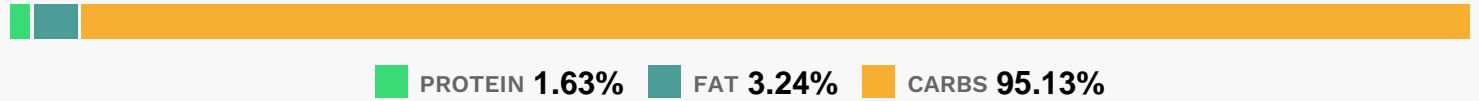
Equipment

- blender

Directions

- Place the raspberries, brandy-based orange liqueur, tequila, lemon juice, and sugar in a blender. Blend until smooth.
- Serve in glasses over ice cubes.

Nutrition Facts



Properties

Glycemic Index:18.52, Glycemic Load:3.07, Inflammation Score:-3, Nutrition Score:2.1386956702108%

Flavonoids

Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg, Cyanidin: 9.15mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg, Epicatechin: 0.7mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 220.72kcal (11.04%), Fat: 0.31g (0.48%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 20.43g (6.81%), Net Carbohydrates: 19.07g (6.94%), Sugar: 18.05g (20.06%), Cholesterol: 0mg (0%), Sodium: 6.69mg (0.29%), Alcohol: 20.25g (100%), Alcohol %: 15.12% (100%), Caffeine: 10.23mg (3.41%), Protein: 0.35g (0.7%), Vitamin C: 13.11mg (15.89%), Manganese: 0.15mg (7.43%), Fiber: 1.36g (5.44%), Copper: 0.05mg (2.63%), Folate: 8.27µg (2.07%), Magnesium: 7.36mg (1.84%), Potassium: 63.62mg (1.82%), Vitamin K: 1.56µg (1.49%), Vitamin E: 0.2mg (1.36%), Phosphorus: 10.99mg (1.1%), Iron: 0.19mg (1.07%), Vitamin B6: 0.02mg (1.03%), Vitamin B2: 0.02mg (1.02%)