



Raspberry "Sangre" Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



8

CALORIES



276 kcal

BEVERAGE

DRINK

Ingredients



5 cups ice crushed



1.5 cups juice of lime freshly squeezed



1 lime wedges



4 cups raspberries unsweetened frozen thawed



0.8 cup sugar plus more to coat rims



1 cup tequila



1 cup triple sec

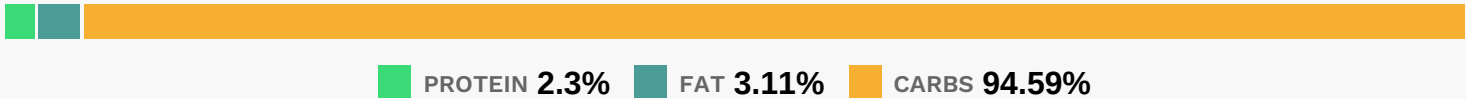
Equipment

- ☐ sieve
- ☐ blender

Directions

- ☐ In a blender, combine raspberries, lime juice, and sugar (you may need to do this in batches). Whirl until pured. Rub pure through a fine strainer set over a glass measure; discard seeds. Stir in tequila and triple sec.
- ☐ Put half of the crushed ice into the blender with half of the raspberry mixture. Whirl until blended. Repeat with remaining ice and raspberry mix.
- ☐ If desired, rub rims of 8 glasses (8 oz. or smaller) with lime wedge.
- ☐ Pour a thin layer of sugar into a shallow dish; dip glass rims into sugar.
- ☐ Pour margaritas into glasses and serve cold.

Nutrition Facts



Properties

Glycemic Index:17.89, Glycemic Load:13.99, Inflammation Score:-4, Nutrition Score:5.4769564167313%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg Hesperetin: 5.04mg, Hesperetin: 5.04mg, Hesperetin: 5.04mg, Hesperetin: 5.04mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg, Quercetin: 0.87mg

Nutrients (% of daily need)

Calories: 275.57kcal (13.78%), Fat: 0.57g (0.88%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 39.37g (13.12%), Net Carbohydrates: 35.23g (12.81%), Sugar: 31.67g (35.19%), Cholesterol: 0mg (0%), Sodium: 11.79mg (0.51%),

Alcohol: 17.69g (100%), Alcohol %: 6.72% (100%), Caffeine: 7.67mg (2.56%), Protein: 0.96g (1.91%), Vitamin C: 29.99mg (36.35%), Manganese: 0.42mg (21.08%), Fiber: 4.14g (16.58%), Copper: 0.11mg (5.54%), Magnesium: 19.33mg (4.83%), Vitamin K: 4.97µg (4.73%), Potassium: 155.81mg (4.45%), Folate: 17.32µg (4.33%), Vitamin E: 0.63mg (4.18%), Iron: 0.51mg (2.82%), Phosphorus: 27.13mg (2.71%), Calcium: 27.01mg (2.7%), Vitamin B5: 0.26mg (2.58%), Vitamin B6: 0.05mg (2.58%), Vitamin B3: 0.47mg (2.37%), Vitamin B1: 0.03mg (2.28%), Vitamin B2: 0.04mg (2.26%), Zinc: 0.33mg (2.19%)