



Real Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



8 min.

SERVINGS



6

CALORIES



223 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 cups ice cubes
- ☐ 6 servings kosher salt
- ☐ 2 tablespoons juice of lemon freshly squeezed 1 lemon
- ☐ 1 lime halved
- ☐ 0.5 cup juice of lime freshly squeezed 5 limes
- ☐ 1 cup tequila white
- ☐ 1 cup triple sec

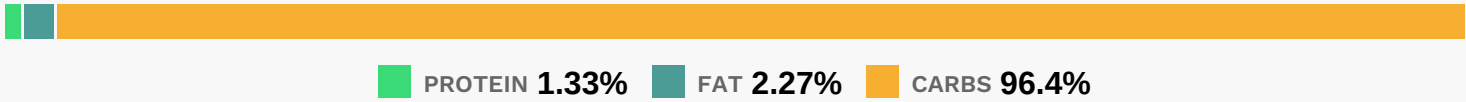
Equipment

☐ blender

Directions

- ☐ If you like margaritas served in a glass with salt, rub the outside rims of six glasses with a cut lime and dip each glass lightly into a plate of kosher salt.
- ☐ Combine the lime juice, lemon juice, Triple Sec, and ice in a blender and puree until completely blended.
- ☐ Add the tequila and puree for 2 seconds more.
- ☐ Serve over ice.
- ☐ If you prefer frozen margaritas, halve each of the ingredients, double the ice, and blend in two batches.
- ☐ Serve with a cut lime.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:1.339999994506%

Flavonoids

Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg, Eriodictyol: 0.69mg Hesperetin: 7.33mg, Hesperetin: 7.33mg, Hesperetin: 7.33mg Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg, Naringenin: 0.53mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 223.04kcal (11.15%), Fat: 0.17g (0.26%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 15.88g (5.29%), Net Carbohydrates: 15.47g (5.63%), Sugar: 13.32g (14.8%), Cholesterol: 0mg (0%), Sodium: 203.93mg (8.87%), Alcohol: 23.59g (100%), Alcohol %: 12.75% (100%), Caffeine: 10.23mg (3.41%), Protein: 0.22g (0.44%), Vitamin C: 11.23mg (13.62%), Copper: 0.06mg (2.84%), Fiber: 0.41g (1.63%), Potassium: 52.78mg (1.51%), Magnesium: 4.95mg (1.24%), Calcium: 10.87mg (1.09%)