

Rosemary Lemon Margarita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



125 kcal

BEVERAGE

DRINK

Ingredients

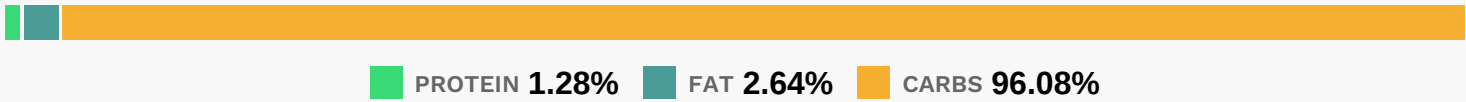
- ☐ 24 ounces club soda
- ☐ 8 juice of lemon (Juice Only)
- ☐ 4 rosemary sprigs
- ☐ 4 tablespoons sugar
- ☐ 4 ounces blanco tequila sauza®

Equipment

Directions

- ☐ Combine lemons, club soda, sugar and tequila in pitcher.
- ☐ Mix well. Refrigerate until cold.
- ☐ Place 1 rosemary sprig in each of the 4 serving cups.
- ☐ Pour margarita and drink cold or iced.

Nutrition Facts



Properties

Glycemic Index:38.77, Glycemic Load:8.39, Inflammation Score:-2, Nutrition Score:2.0452173643786%

Flavonoids

Eriodictyol: 2.93mg, Eriodictyol: 2.93mg, Eriodictyol: 2.93mg, Eriodictyol: 2.93mg Hesperetin: 8.68mg, Hesperetin: 8.68mg, Hesperetin: 8.68mg, Hesperetin: 8.68mg Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg, Naringenin: 0.83mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 125.22kcal (6.26%), Fat: 0.2g (0.3%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 16.16g (5.39%), Net Carbohydrates: 15.93g (5.79%), Sugar: 13.49g (14.99%), Cholesterol: 0mg (0%), Sodium: 36.77mg (1.6%), Alcohol: 9.47g (100%), Alcohol %: 4.44% (100%), Protein: 0.21g (0.43%), Vitamin C: 23.28mg (28.22%), Folate: 12.31µg (3.08%), Potassium: 66.96mg (1.91%), Vitamin B6: 0.03mg (1.48%), Zinc: 0.22mg (1.44%), Magnesium: 5.52mg (1.38%), Copper: 0.03mg (1.36%), Calcium: 13.5mg (1.35%), Vitamin B1: 0.02mg (1.11%)