



Scarlet Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



130 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 6 servings coarse salt
- ☐ 4 cups ice crushed
- ☐ 1 slices lime
- ☐ 1 tablespoon juice of lime
- ☐ 6 servings lime wedges
- ☐ 0.5 cup orange liqueur
- ☐ 1 cup pomegranate juice
- ☐ 0.5 cup tequila

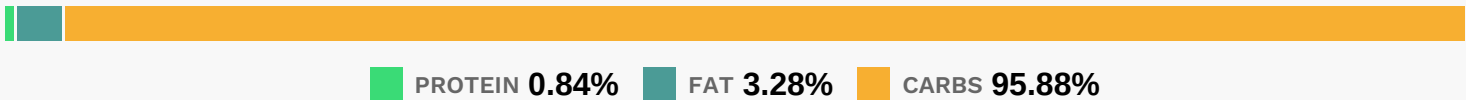
Equipment

☐ blender

Directions

- ☐ Process first 5 ingredients, and, if desired, pomegranate seeds in a blender 30 seconds or until frothy.
- ☐ Rub rims of 6 glasses with lime wedges; dip in salt to coat.
- ☐ Pour margarita evenly into prepared glasses.
- ☐ Garnish, if desired.
- ☐ Serve immediately.
- ☐ Note: For testing purposes only, we used Pom Wonderful 100% Pomegranate Juice.

Nutrition Facts



Properties

Glycemic Index:13.17, Glycemic Load:0.05, Inflammation Score:-2, Nutrition Score:1.1378260768302%

Flavonoids

Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg, Cyanidin: 1mg Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg, Delphinidin: 0.34mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 1.16mg, Hesperetin: 1.16mg, Hesperetin: 1.16mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 130.46kcal (6.52%), Fat: 0.19g (0.29%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 12.21g (4.07%), Net Carbohydrates: 12.1g (4.4%), Sugar: 11.64g (12.93%), Cholesterol: 0mg (0%), Sodium: 207.28mg (9.01%), Alcohol: 11.79g (100%), Alcohol %: 6.12% (100%), Caffeine: 5.11mg (1.7%), Protein: 0.11g (0.22%), Vitamin K: 4.34µg (4.14%), Potassium: 100.29mg (2.87%), Folate: 10.38µg (2.6%), Copper: 0.05mg (2.41%), Manganese: 0.05mg (2.37%), Vitamin C: 1.42mg (1.72%), Magnesium: 5.41mg (1.35%), Vitamin B5: 0.13mg (1.26%), Vitamin E: 0.17mg (1.12%), Calcium: 10.68mg (1.07%)