



Strawberry-Banana Margarita



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



197 kcal

BEVERAGE

DRINK

Ingredients



1 banana ripe peeled sliced



1 cup ice crushed



2 tablespoons juice of lemon fresh



1 cup strawberries hulled halved



4.5 ounces tequila ()



3 tablespoons triple sec

Equipment

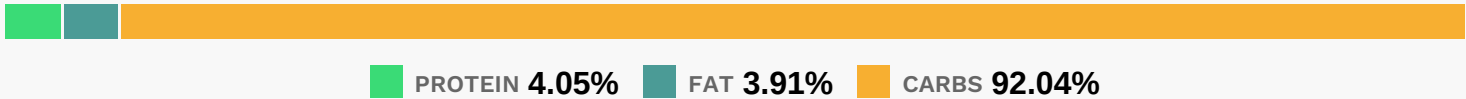


blender

Directions

- ☐ Place strawberries and banana slices on a plate and freeze at least 1 hour.
- ☐ Place all ingredients in a blender and blend until smooth but still very thick.
- ☐ Pour into chilled margarita or other stemmed glasses.

Nutrition Facts



Properties

Glycemic Index:36.59, Glycemic Load:5.44, Inflammation Score:-4, Nutrition Score:5.0069565280624%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.89mg, Catechin: 3.89mg, Catechin: 3.89mg, Catechin: 3.89mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 197kcal (9.85%), Fat: 0.34g (0.53%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 18.17g (6.06%), Net Carbohydrates: 16.16g (5.88%), Sugar: 12.23g (13.59%), Cholesterol: 0mg (0%), Sodium: 6.54mg (0.28%), Alcohol: 18.1g (100%), Alcohol %: 9.82% (100%), Caffeine: 3.9mg (1.3%), Protein: 0.8g (1.6%), Vitamin C: 35.52mg (43.05%), Manganese: 0.3mg (15.14%), Vitamin B6: 0.17mg (8.6%), Fiber: 2.01g (8.05%), Potassium: 229.9mg (6.57%), Folate: 21.39µg (5.35%), Magnesium: 18.7mg (4.67%), Copper: 0.08mg (4.14%), Vitamin B2: 0.04mg (2.6%), Vitamin B3: 0.48mg (2.42%), Phosphorus: 23.57mg (2.36%), Vitamin B5: 0.2mg (2.04%), Vitamin B1: 0.03mg (1.95%), Iron: 0.33mg (1.85%), Vitamin E: 0.19mg (1.29%), Calcium: 12.76mg (1.28%), Vitamin K: 1.25µg (1.19%), Zinc: 0.16mg (1.07%)