



Strawberry Basil Margarita



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



168 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 3 large basil leaves
- ☐ 8 ice cubes
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon liqueur orange-flavored such as cointreau[®]
- ☐ 1 cup strawberries hulled
- ☐ 0.3 cup tequila
- ☐ 2 tablespoons sugar white

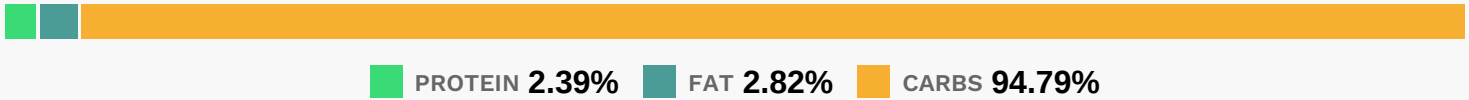
Equipment

☐ blender

Directions

- ☐ Combine the strawberries, tequila, orange-flavored liqueur, lemon juice, sugar, and basil leaves in a blender; mix on low until smooth.
- ☐ Add the ice and puree until the ice is crushed, 30 to 60 seconds.

Nutrition Facts



Properties

Glycemic Index:97.55, Glycemic Load:10.02, Inflammation Score:-4, Nutrition Score:4.7391304995703%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 167.52kcal (8.38%), Fat: 0.28g (0.42%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 20.92g (6.97%), Net Carbohydrates: 19.45g (7.07%), Sugar: 18.57g (20.63%), Cholesterol: 0mg (0%), Sodium: 4.04mg (0.18%), Alcohol: 13g (100%), Alcohol %: 8.88% (100%), Protein: 0.53g (1.06%), Vitamin C: 45.35mg (54.97%), Manganese: 0.29mg (14.58%), Fiber: 1.47g (5.89%), Folate: 19.19µg (4.8%), Vitamin K: 4.07µg (3.88%), Potassium: 120.5mg (3.44%), Copper: 0.05mg (2.71%), Magnesium: 10.75mg (2.69%), Phosphorus: 19.42mg (1.94%), Vitamin B6: 0.04mg (1.93%), Iron: 0.34mg (1.88%), Vitamin E: 0.22mg (1.5%), Calcium: 14.83mg (1.48%), Vitamin B3: 0.29mg (1.47%), Vitamin B1: 0.02mg (1.41%), Vitamin B2: 0.02mg (1.23%), Vitamin B5: 0.1mg (1.01%)