



Strawberry Basil Margaritas



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



173 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 1 cup strawberries fresh hulled
- ☐ 0.3 cup tequila
- ☐ 1 tablespoon pear liqueur orange-flavored
- ☐ 1 juice of lemon
- ☐ 2 tablespoons sugar
- ☐ 1 cup ice cubes (8 cubes)
- ☐ 3 large basil fresh
- ☐ 2 sprigs basil fresh

☐ 2 strawberries whole

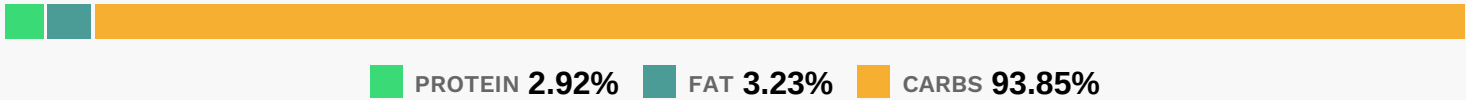
Equipment

☐ blender

Directions

- ☐ In blender, place 1 cup strawberries, the tequila, liqueur, lemon juice and sugar. Cover; blend on high speed until strawberries are pureed.
- ☐ Add ice. Cover; blend 30 to 60 seconds longer or until ice is crushed.
- ☐ Add basil leaves. Cover; blend until basil is finely chopped and mixture is well blended.
- ☐ Pour into 2 margarita glasses.
- ☐ Garnish each with 1 basil sprig and 1 strawberry.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:152.55, Glycemic Load:10.3, Inflammation Score:-5, Nutrition Score:6.3334783367489%

Flavonoids

Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg, Cyanidin: 1.41mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 20.87mg, Pelargonidin: 20.87mg, Pelargonidin: 20.87mg, Pelargonidin: 20.87mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg, Catechin: 2.61mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg, Epicatechin 3-gallate: 0.13mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg

0.04mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 173.47kcal (8.67%), Fat: 0.34g (0.53%), Saturated Fat: 0.02g (0.12%), Carbohydrates: 22.41g (7.47%), Net Carbohydrates: 20.65g (7.51%), Sugar: 19.35g (21.5%), Cholesterol: 0mg (0%), Sodium: 7.43mg (0.32%), Alcohol: 13g (100%), Alcohol %: 6.12% (100%), Protein: 0.7g (1.39%), Vitamin C: 55.67mg (67.47%), Manganese: 0.36mg (18.09%), Vitamin K: 12.64µg (12.04%), Fiber: 1.77g (7.07%), Folate: 24.93µg (6.23%), Potassium: 152.48mg (4.36%), Copper: 0.08mg (3.94%), Magnesium: 14.67mg (3.67%), Vitamin A: 148.13IU (2.96%), Iron: 0.46mg (2.54%), Vitamin B6: 0.05mg (2.54%), Phosphorus: 24.02mg (2.4%), Calcium: 22.61mg (2.26%), Vitamin E: 0.29mg (1.91%), Vitamin B3: 0.37mg (1.83%), Vitamin B1: 0.03mg (1.76%), Vitamin B2: 0.03mg (1.54%), Vitamin B5: 0.13mg (1.3%), Zinc: 0.17mg (1.14%)