



Strawberry-Cucumber Margarita

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



373 kcal

BEVERAGE

DRINK

Ingredients

- 2 cups ice cubes
- 0.3 cup kosher salt
- 1 lime quartered
- 4 servings splash orange liqueur such as triple sec
- 12 strawberries whole stemmed quartered for garnish
- 1.3 cups sugar
- 0.5 cup tequila reposado

Equipment

- bowl
- sauce pan
- blender

Directions

- Watch how to make this recipe.
- In a small saucepan over medium-high heat, combine 1 cup sugar with 1 cup water and bring to a boil. Stir until the sugar is dissolved.
- Remove from the heat and cool to room temperature.
- In a shallow bowl, mix together the remaining 1/4 cup sugar and salt. Set aside.
- In a blender, combine 3/4 cup of the simple syrup, the tequila, orange liqueur, quartered strawberries, cucumber and ice. Blend until fully pureed and smooth.
- Using a lime wedge, moisten the rim of a margarita glass. Dip the moistened rim into the bowl of sugar-salt.
- Pour the margarita into the prepared glass. Slice the whole strawberries crosswise along its pointed end and place a strawberry onto the rim of each glass for garnish. Float 2 cucumber slices in the glass. Repeat with the remaining 3 margaritas.

Nutrition Facts

PROTEIN 0.51% **FAT 1.19%** **CARBS 98.3%**

Properties

Glycemic Index:39.27, Glycemic Load:44.86, Inflammation Score:-3, Nutrition Score:3.0304347743159%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg, Hesperetin: 7.2mg

Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 372.67kcal (18.63%), Fat: 0.39g (0.59%), Saturated Fat: 0.03g (0.16%), Carbohydrates: 71.6g (23.87%), Net Carbohydrates: 70.41g (25.61%), Sugar: 69.25g (76.94%), Cholesterol: 0mg (0%), Sodium: 7082.07mg (307.92%), Alcohol: 13.92g (100%), Alcohol %: 5.94% (100%), Caffeine: 3.9mg (1.3%), Protein: 0.37g (0.75%), Vitamin C: 26.04mg (31.57%), Manganese: 0.17mg (8.45%), Fiber: 1.19g (4.76%), Copper: 0.07mg (3.46%), Folate: 9.98µg (2.5%), Potassium: 79.97mg (2.29%), Iron: 0.36mg (2%), Calcium: 19.99mg (2%), Magnesium: 7.5mg (1.88%), Vitamin B2: 0.03mg (1.54%), Phosphorus: 13.76mg (1.38%), Vitamin B6: 0.02mg (1.22%), Vitamin B1: 0.02mg (1.07%)