



Strawberry Margarita

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



4

CALORIES



290 kcal

BEVERAGE

DRINK

Ingredients

- 4 servings ice cubes
- 6 ounce pink lemonade concentrate frozen canned
- 10 ounce strawberries frozen
- 1 cup tequila
- 0.3 cup triple sec

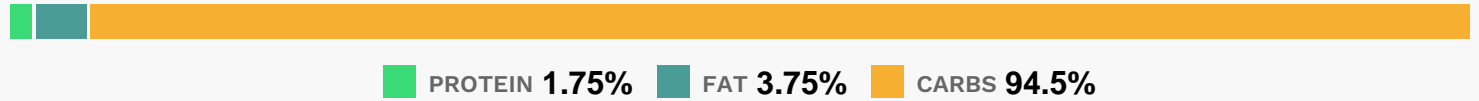
Equipment

- blender

Directions

- Place strawberries, lemonade concentrate, tequila, and triple sec in a blender. Blend until smooth.
- Add ice cubes as needed.

Nutrition Facts



Properties

Glycemic Index:13.75, Glycemic Load:1.61, Inflammation Score:-5, Nutrition Score:4.9243478250244%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg 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: 17.61mg, Pelargonidin: 17.61mg, Pelargonidin: 17.61mg, Pelargonidin: 17.61mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg 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 Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 290.06kcal (14.5%), Fat: 0.55g (0.85%), Saturated Fat: 0.04g (0.23%), Carbohydrates: 31.41g (10.47%), Net Carbohydrates: 29.87g (10.86%), Sugar: 27.14g (30.15%), Cholesterol: 0mg (0%), Sodium: 8.27mg (0.36%), Alcohol: 23.88g (100%), Alcohol %: 12.39% (100%), Caffeine: 3.84mg (1.28%), Protein: 0.58g (1.17%), Vitamin C: 47.24mg (57.27%), Manganese: 0.29mg (14.62%), Fiber: 1.54g (6.18%), Folate: 19.99µg (5%), Potassium: 144.68mg (4.13%), Copper: 0.07mg (3.35%), Magnesium: 13.19mg (3.3%), Phosphorus: 23.27mg (2.33%), Vitamin B6: 0.04mg (2.12%), Iron: 0.36mg (2.01%), Vitamin B1: 0.03mg (1.98%), Vitamin B3: 0.35mg (1.75%), Vitamin E: 0.24mg (1.63%), Calcium: 16.14mg (1.61%), Vitamin K: 1.64µg (1.57%), Vitamin B5: 0.14mg (1.37%), Vitamin B2: 0.02mg (1.16%)