



## Strawberry Margarita

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



2 min.

SERVINGS



4

CALORIES



201 kcal

BEVERAGE

DRINK

### Ingredients

- 2 cups ice cubes crushed
- 2 juice of lime juiced
- 4 servings splash simple syrup cooled (equal amounts sugar and water heated until sugar dissolves, then )
- 0.5 cup sieved strawberry purée fresh pureed frozen canned ( can or strawberries, )
- 1 cup tequila
- 4 servings splash triple sec

### Equipment

blender

## Directions

Watch how to make this recipe.

Combine in a blender, ice, strawberry water, tequila, lime juice, Triple Sec and simple syrup. Puree until smooth.

Pour into rocks glasses and serve.

## Nutrition Facts

 PROTEIN 2.82%  FAT 3.32%  CARBS 93.86%

## Properties

Glycemic Index:13.75, Glycemic Load:0.66, Inflammation Score:-4, Nutrition Score:2.341304378665%

## Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Pelargonidin: 7.21mg, Pelargonidin: 7.21mg, Pelargonidin: 7.21mg, Pelargonidin: 7.21mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 200.52kcal (10.03%), Fat: 0.14g (0.22%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 9.05g (3.02%), Net Carbohydrates: 8.41g (3.06%), Sugar: 7.23g (8.04%), Cholesterol: 0mg (0%), Sodium: 8.88mg (0.39%), Alcohol: 23.94g (100%), Alcohol %: 12.73% (100%), Caffeine: 3.9mg (1.3%), Protein: 0.27g (0.54%), Vitamin C: 21.55mg (26.12%), Manganese: 0.13mg (6.4%), Copper: 0.06mg (2.78%), Fiber: 0.64g (2.56%), Folate: 8.46µg (2.12%), Potassium: 68.25mg (1.95%), Magnesium: 6.7mg (1.68%), Phosphorus: 12.44mg (1.24%), Iron: 0.2mg (1.12%), Vitamin B1: 0.02mg (1.08%), Calcium: 10.57mg (1.06%)