



Strawberry Margarita

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



6

CALORIES



157 kcal

BEVERAGE

DRINK

Ingredients

- 3 cups ice cubes
- 4 ounces juice of lime freshly squeezed (from 8 medium limes)
- 0.1 teaspoon salt fine
- 1.5 pounds strawberries frozen
- 2 ounces orange liqueur
- 8 ounces tequila (blanco)

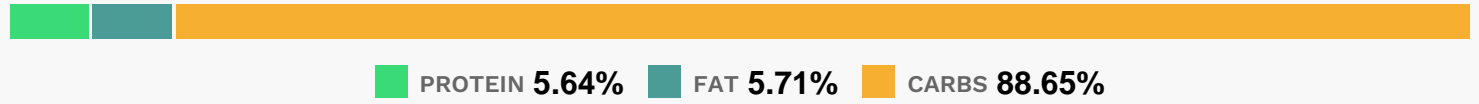
Equipment

- blender

Directions

- Place all of the ingredients except the ice in a blender and blend on high until smooth.
- Add the ice, pushing it to the bottom of the pitcher, and blend on high until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:2.58, Inflammation Score:-5, Nutrition Score:7.3300000986327%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 1.7mg, Hesperetin: 1.7mg, Hesperetin: 1.7mg, Hesperetin: 1.7mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 157.43kcal (7.87%), Fat: 0.38g (0.59%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 13.34g (4.45%), Net Carbohydrates: 11g (4%), Sugar: 8.91g (9.9%), Cholesterol: 0mg (0%), Sodium: 57.01mg (2.48%), Alcohol: 15.08g (100%), Alcohol %: 6.42% (100%), Protein: 0.85g (1.7%), Vitamin C: 72.35mg (87.69%), Manganese: 0.45mg (22.48%), Fiber: 2.34g (9.37%), Folate: 29.11µg (7.28%), Potassium: 199.21mg (5.69%), Copper: 0.09mg (4.51%), Magnesium: 17.72mg (4.43%), Phosphorus: 31.94mg (3.19%), Vitamin B6: 0.06mg (3.04%), Iron: 0.5mg (2.8%), Vitamin K: 2.61µg (2.48%), Vitamin E: 0.37mg (2.47%), Calcium: 24.46mg (2.45%), Vitamin B3: 0.48mg (2.42%), Vitamin B1: 0.03mg (2.31%), Vitamin B2: 0.03mg (1.79%), Vitamin B5: 0.17mg (1.65%), Zinc: 0.2mg (1.36%)