



Strawberry Margarita Spritzers

 Vegetarian

READY IN



10 min.

SERVINGS



10

CALORIES



202 kcal

BEVERAGE

DRINK

Ingredients

- 1 liter seltzer water chilled
- 1 slices lime fresh quartered
- 2 tablespoons juice of lime fresh
- 0.3 cup orange liqueur
- 10 oz strawberries whole frozen thawed
- 10 oz betty delights super strawberry cake mix frozen thawed canned
- 1 cup tequila

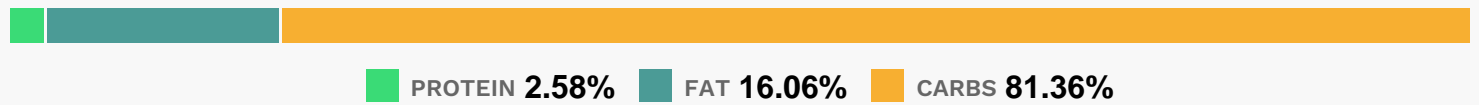
Equipment

blender

Directions

- Pulse first 5 ingredients in a blender until smooth.
- Pour into a pitcher, and stir in club soda just before serving.
- Serve over ice.
- Garnish, if desired.
- Note: We tested with Triple Sec.

Nutrition Facts



Properties

Glycemic Index:8.7, Glycemic Load:0.66, Inflammation Score:-2, Nutrition Score:2.7565218041772%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg 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: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg, Pelargonidin: 7.04mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg, Catechin: 0.88mg Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg, Epigallocatechin: 0.22mg 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: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg 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: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 202.32kcal (10.12%), Fat: 2.41g (3.71%), Saturated Fat: 1g (6.23%), Carbohydrates: 27.48g (9.16%), Net Carbohydrates: 26.88g (9.77%), Sugar: 17.19g (19.1%), Cholesterol: 0mg (0%), Sodium: 213.26mg (9.27%), Alcohol: 9.55g (100%), Alcohol %: 6.36% (100%), Protein: 0.87g (1.74%), Vitamin C: 17.77mg (21.54%), Calcium: 62.98mg (6.3%), Vitamin B1: 0.09mg (5.92%), Manganese: 0.12mg (5.82%), Iron: 0.62mg (3.44%), Vitamin B3: 0.65mg

(3.27%), Vitamin B2: 0.05mg (3.17%), Folate: 11.11µg (2.78%), Fiber: 0.6g (2.39%), Potassium: 51.85mg (1.48%),
Copper: 0.03mg (1.41%), Magnesium: 5.14mg (1.29%), Zinc: 0.15mg (1.03%)