



Strawberry Margaritas



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



171 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2.5 cups ice cubes crushed
- ☐ 0.5 cup juice of lime fresh
- ☐ 3.5 cups strawberries
- ☐ 0.3 cup sugar
- ☐ 0.5 cup tequila
- ☐ 3 tablespoons cointreau orange-flavored (liqueur)

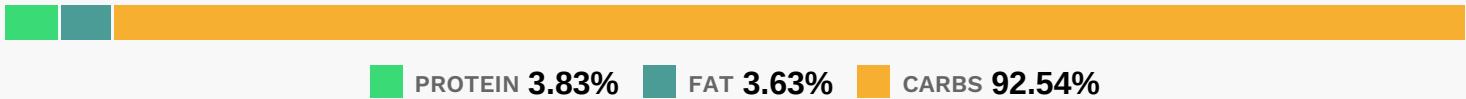
Equipment

- ☐ blender

Directions

- ☐ Combine strawberries, ice, tequila, lime juice, sugar, and liqueur in a blender, and process until the mixture is smooth.
- ☐ Pour the margaritas into 4 large glasses.
- ☐ Garnish margaritas with a lime wedge, if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:41.9, Glycemic Load:12.03, Inflammation Score:-6, Nutrition Score:8.597826073999%

Flavonoids

Cyanidin: 2.12mg, Cyanidin: 2.12mg, Cyanidin: 2.12mg, Cyanidin: 2.12mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 31.31mg, Pelargonidin: 31.31mg, Pelargonidin: 31.31mg, Pelargonidin: 31.31mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.92mg, Catechin: 3.92mg, Catechin: 3.92mg, Catechin: 3.92mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg, Epicatechin: 0.53mg Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg, Epicatechin 3-gallate: 0.19mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 5.74mg, Hesperetin: 5.74mg, Hesperetin: 5.74mg, Hesperetin: 5.74mg Naringenin: 2.14mg, Naringenin: 2.14mg, Naringenin: 2.14mg, Naringenin: 2.14mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg, Gallic acid: 0.04mg

Nutrients (% of daily need)

Calories: 170.52kcal (8.53%), Fat: 0.45g (0.7%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 25.98g (8.66%), Net Carbohydrates: 23.08g (8.39%), Sugar: 20.18g (22.43%), Cholesterol: 0mg (0%), Sodium: 9.68mg (0.42%), Alcohol: 10.02g (100%), Alcohol %: 3.55% (100%), Protein: 1.08g (2.15%), Vitamin C: 89.06mg (107.96%), Manganese: 0.5mg (25.02%), Fiber: 2.91g (11.63%), Folate: 36.59µg (9.15%), Potassium: 249.1mg (7.12%), Magnesium: 21.39mg (5.35%), Copper: 0.1mg (5.22%), Vitamin B6: 0.08mg (3.88%), Phosphorus: 37.23mg (3.72%), Calcium: 33.39mg (3.34%),

Vitamin B1: 0.05mg (3.28%), Iron: 0.57mg (3.18%), Vitamin E: 0.45mg (3.01%), Vitamin B3: 0.56mg (2.82%), Vitamin K: 2.95µg (2.81%), Vitamin B2: 0.04mg (2.37%), Vitamin B5: 0.22mg (2.22%), Zinc: 0.24mg (1.58%), Vitamin A: 55.2IU (1.1%)