



Tangerine Ginger Margarita

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



292 kcal

BEVERAGE

DRINK

Ingredients

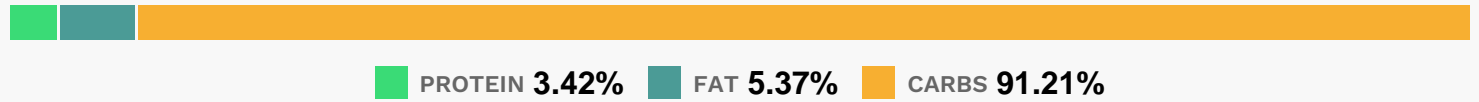
- 4 slices ginger fresh
- 1 ounce juice of lime freshly squeezed
- 2 ounces pomegranate juice
- 1 serving pomegranate seeds
- 1 ounce simple syrup glaze
- 2 slices 1 tangerine
- 1.5 ounces tequila 100% (agave)

Equipment

Directions

- In a shaker, crush the ginger with a muddler.
- Add tangerine slices and muddle further, then top with ice, tequila, simple syrup, lime juice, and pomegranate juice. Cover tightly and shake for 15 seconds.
- Strain into a martini glass or coupe and garnish with a few pomegranate seeds if desired.

Nutrition Facts



Properties

Glycemic Index:139, Glycemic Load:8.85, Inflammation Score:-4, Nutrition Score:6.8878261550613%

Flavonoids

Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg, Delphinidin: 0.46mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 2.7mg, Hesperetin: 2.7mg, Hesperetin: 2.7mg, Hesperetin: 2.7mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg, Gallocatechin: 0.15mg

Nutrients (% of daily need)

Calories: 291.87kcal (14.59%), Fat: 1.27g (1.95%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 48.51g (16.17%), Net Carbohydrates: 44.66g (16.24%), Sugar: 40.64g (45.16%), Cholesterol: 0mg (0%), Sodium: 26.23mg (1.14%), Alcohol: 14.2g (100%), Alcohol %: 7.12% (100%), Protein: 1.82g (3.64%), Vitamin C: 18.37mg (22.27%), Vitamin K: 20.34µg (19.37%), Fiber: 3.85g (15.38%), Folate: 50.7µg (12.68%), Potassium: 415.06mg (11.86%), Copper: 0.19mg (9.53%), Manganese: 0.19mg (9.46%), Iron: 1.43mg (7.95%), Vitamin B1: 0.12mg (7.76%), Magnesium: 23.19mg (5.8%), Vitamin B6: 0.11mg (5.67%), Vitamin E: 0.82mg (5.5%), Vitamin B5: 0.55mg (5.45%), Phosphorus: 48.61mg (4.86%), Vitamin B2: 0.08mg (4.77%), Zinc: 0.48mg (3.18%), Vitamin B3: 0.53mg (2.64%), Calcium: 24.61mg (2.46%), Selenium: 0.89µg (1.27%)