



The BEST Raspberry Margarita!

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



248 kcal

BEVERAGE

DRINK

Ingredients

- 1 fluid ounce rum (raspberry liqueur)
- 2 cups ice cubes
- 1 lime cut into 4 wedges
- 1 serving margarita salt
- 2 fluid ounces premium tequila
- 1 fluid ounce cointreau
- 5 fluid ounces sweet-and-sour cocktail mix
- 1 fluid ounce cointreau

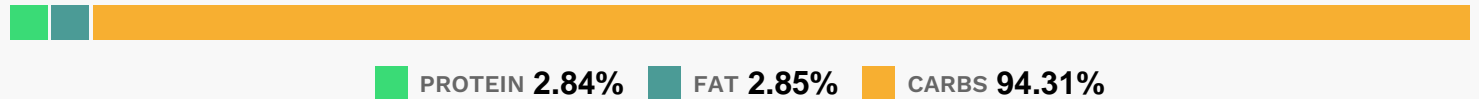
5 fluid ounces sweet-and-sour cocktail mix

Equipment

Directions

- Pour the sweet and sour mix, tequila, cointreau, and raspberry liqueur into a shaker filled with ice. Shake until the shaker is frosty on the outside. Rub the rim of a margarita glass with a lime wedge, then dip in salt.
- Add a few ice cubes to the glass, then strain the liquid from the shaker carefully into the glass.
- Garnish with a lime wedge.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:1.65, Inflammation Score:-4, Nutrition Score:2.7543477960255%

Flavonoids

Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 247.79kcal (12.39%), Fat: 0.22g (0.34%), Saturated Fat: 0.05g (0.29%), Carbohydrates: 16.56g (5.52%), Net Carbohydrates: 14.68g (5.34%), Sugar: 10.65g (11.84%), Cholesterol: 0mg (0%), Sodium: 221.75mg (9.64%), Alcohol: 27.44g (100%), Alcohol %: 5.53% (100%), Caffeine: 7.69mg (2.56%), Protein: 0.5g (1%), Vitamin C: 19.5mg (23.63%), Fiber: 1.88g (7.5%), Copper: 0.14mg (7.18%), Calcium: 36.72mg (3.67%), Iron: 0.44mg (2.47%), Magnesium: 9.64mg (2.41%), Potassium: 78.43mg (2.24%), Vitamin B1: 0.02mg (1.66%), Phosphorus: 16.2mg (1.62%), Vitamin B6: 0.03mg (1.47%), Vitamin B5: 0.15mg (1.45%), Folate: 5.36µg (1.34%), Vitamin B2: 0.02mg (1.14%), Manganese: 0.02mg (1.08%), Zinc: 0.15mg (1.03%)