



The Classic Margarita

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



249 kcal

SIDE DISH

Ingredients

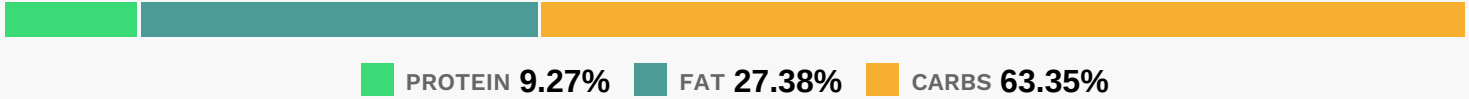
- ☐ 2 ounces crackers
- ☐ 1 ounce juice of lime freshly squeezed
- ☐ 1 serving salt for garnish
- ☐ 1 ounce frangelico
- ☐ 1 ounce frangelico

Equipment

Directions

☐ Combine tequila, Cointreau, and lime juice in cocktail shaker filled with ice. Moisten rim of Margarita or other cocktail glass with lime juice or water. Holding glass upside down, dip rim into salt. Shake and strain drink into glass and serve.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:10.393478340429%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 249.19kcal (12.46%), Fat: 8.03g (12.36%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 41.82g (13.94%), Net Carbohydrates: 35.87g (13.04%), Sugar: 1.15g (1.28%), Cholesterol: 0mg (0%), Sodium: 593.52mg (25.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.12g (12.24%), Manganese: 1.23mg (61.29%), Fiber: 5.95g (23.81%), Phosphorus: 191.64mg (19.16%), Magnesium: 64.64mg (16.16%), Vitamin K: 15.59µg (14.85%), Vitamin B3: 2.67mg (13.33%), Copper: 0.25mg (12.3%), Iron: 1.92mg (10.67%), Vitamin C: 8.5mg (10.31%), Zinc: 1.51mg (10.1%), Selenium: 5.76µg (8.22%), Vitamin B1: 0.11mg (7.35%), Potassium: 228.82mg (6.54%), Vitamin B6: 0.12mg (5.78%), Vitamin E: 0.86mg (5.75%), Vitamin B5: 0.51mg (5.07%), Folate: 18.71µg (4.68%), Calcium: 24.5mg (2.45%)