



Tres Agaves's Margarita

 Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



293 kcal

SIDE DISH

Ingredients

- ☐ 2 ounces tequila made from 100 percent agave such as patron, don julio, and corazón
- ☐ 0.5 ounce agave nectar
- ☐ 1 ounce juice of lime freshly squeezed
- ☐ 0.5 water

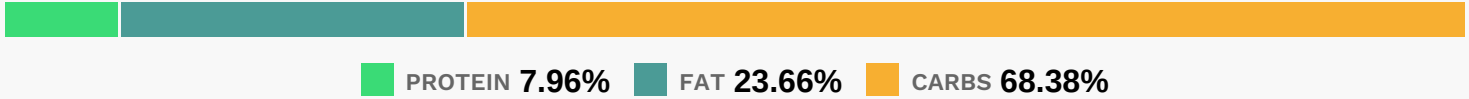
Equipment

- ☐ bowl

Directions

☐ In glass or small bowl, combine agave nectar and water, and stir until combined. In cocktail shaker filled with ice, combine tequila, agave nectar mixture, and lime juice. Shake vigorously, then strain into old-fashioned glass filled with fresh ice.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:1.62, Inflammation Score:-4, Nutrition Score:10.976956399887%

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: 293.13kcal (14.66%), Fat: 8.1g (12.45%), Saturated Fat: 1.17g (7.32%), Carbohydrates: 52.65g (17.55%), Net Carbohydrates: 46.67g (16.97%), Sugar: 10.79g (11.99%), Cholesterol: 0mg (0%), Sodium: 400.8mg (17.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.13g (12.26%), Manganese: 1.23mg (61.3%), Fiber: 5.98g (23.93%), Phosphorus: 191.78mg (19.18%), Vitamin K: 18.78µg (17.89%), Magnesium: 64.88mg (16.22%), Vitamin B3: 2.76mg (13.82%), Vitamin C: 10.91mg (13.23%), Copper: 0.25mg (12.43%), Iron: 1.93mg (10.73%), Zinc: 1.52mg (10.11%), Selenium: 6µg (8.57%), Vitamin B1: 0.13mg (8.5%), Vitamin B6: 0.15mg (7.44%), Vitamin E: 1mg (6.67%), Potassium: 229.35mg (6.55%), Folate: 22.96µg (5.74%), Vitamin B5: 0.51mg (5.07%), Calcium: 24.82mg (2.48%), Vitamin B2: 0.04mg (2.33%)