



Ultimate Frozen Strawberry Jalapeno Margarita



Gluten Free



Dairy Free



Low Fod Map

READY IN



10 min.

SERVINGS



4

CALORIES



214 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 2 fluid ounces st. germain germain® (such as St.)
- ☐ 4 slices jalapeno to taste
- ☐ 3 fluid ounces limeade concentrate frozen
- ☐ 8 ounces strawberries sweetened frozen thawed
- ☐ 1 fluid ounce strawberry daiquiri concentrate frozen
- ☐ 6 fluid ounces tequila

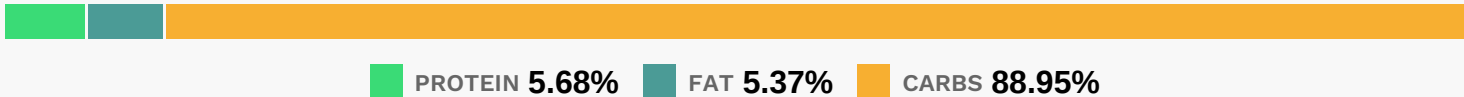
Equipment

blender

Directions

- Fill a blender with ice; blend until ice is crushed.
- Pour tequila, elderflower liqueur, and jalapeno pepper slices over ice.
- Add strawberries, limeade, and strawberry daiquiri concentrate; blend until smooth, about 30 seconds.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:2.52, Inflammation Score:-8, Nutrition Score:11.819999977298%

Flavonoids

Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg, Cyanidin: 1.08mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg, Delphinidin: 0.2mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 15.93mg, Pelargonidin: 15.93mg, Pelargonidin: 15.93mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg, Epicatechin: 0.27mg Epicatechin 3–gallate: 0.1mg, Epicatechin 3–gallate: 0.1mg, Epicatechin 3–gallate: 0.1mg, Epicatechin 3–gallate: 0.1mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg, Luteolin: 1.21mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg, Quercetin: 5.27mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 214.32kcal (10.72%), Fat: 0.53g (0.81%), Saturated Fat: 0.09g (0.58%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 15.77g (5.73%), Sugar: 15.47g (17.19%), Cholesterol: 0mg (0%), Sodium: 4.45mg (0.19%), Alcohol: 14.81g (100%), Alcohol %: 7.98% (100%), Protein: 1.25g (2.5%), Vitamin C: 145.11mg (175.89%), Vitamin E: 3.41mg (22.72%), Vitamin B6: 0.41mg (20.43%), Vitamin A: 977.89IU (19.56%), Vitamin K: 18.06µg (17.2%), Manganese: 0.34mg (17.14%), Fiber: 3.8g (15.21%), Folate: 39.9µg (9.98%), Potassium: 324.36mg (9.27%), Vitamin B3: 1.41mg (7.04%), Magnesium: 22.28mg (5.57%), Vitamin B2: 0.08mg (4.68%), Copper: 0.09mg (4.25%), Phosphorus:

40.78mg (4.08%), Vitamin B5: 0.37mg (3.66%), Vitamin B1: 0.05mg (3.63%), Iron: 0.51mg (2.81%), Calcium: 21.5mg (2.15%), Zinc: 0.24mg (1.57%)