



White Peach Margarita

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



4

CALORIES



73 kcal

BEVERAGE

DRINK

Ingredients

- 4 servings ice cubes
- 1 juice of lime juiced
- 0.3 cup peach puree white
- 2 peaches white sliced
- 60 ml silver tequila

Equipment

- blender

Directions

- Fill the blender 3/4 of the way with ice.
- Add all of the ingredients except 4 slices of peach. Blend together and serve with slice of peach.

Nutrition Facts



Properties

Glycemic Index:23.88, Glycemic Load:2.93, Inflammation Score:-3, Nutrition Score:2.4086956511373%

Flavonoids

Cyanidin: 1.62mg, Cyanidin: 1.62mg, Cyanidin: 1.62mg, Cyanidin: 1.62mg Catechin: 4.16mg, Catechin: 4.16mg, Catechin: 4.16mg, Catechin: 4.16mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 1.98mg, Epicatechin: 1.98mg, Epicatechin: 1.98mg, Epicatechin: 1.98mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 72.57kcal (3.63%), Fat: 0.23g (0.36%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 9.18g (3.06%), Net Carbohydrates: 7.88g (2.87%), Sugar: 7.23g (8.03%), Cholesterol: 0mg (0%), Sodium: 14.1mg (0.61%), Alcohol: 5.08g (100%), Alcohol %: 3.94% (100%), Protein: 0.8g (1.6%), Vitamin C: 5.72mg (6.93%), Vitamin A: 279.63IU (5.59%), Fiber: 1.3g (5.2%), Vitamin E: 0.63mg (4.23%), Copper: 0.08mg (4.01%), Vitamin B3: 0.69mg (3.47%), Potassium: 112.32mg (3.21%), Manganese: 0.06mg (2.79%), Selenium: 1.78µg (2.55%), Vitamin K: 2.58µg (2.46%), Phosphorus: 20.28mg (2.03%), Magnesium: 7.93mg (1.98%), Iron: 0.3mg (1.67%), Vitamin B2: 0.03mg (1.65%), Vitamin B1: 0.02mg (1.54%), Folate: 5.83µg (1.46%), Zinc: 0.21mg (1.42%), Vitamin B5: 0.14mg (1.39%), Vitamin B6: 0.02mg (1.21%)