

Frozen Mint Margaritas

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Servings: 6

1 cup sugar
1 cup packed fresh mint leaves
2 cups water
3/4 cup tequila, divided
1/2 cup (about 4 limes) fresh lime juice
2 tablespoons Grand Marnier
3 to 4 dashes Angostura bitters (optional)

In a medium saucepan over medium heat, combine the sugar, mint and water. Cook for 3 minutes or until tiny bubbles form around the edge of the pan. Remove the tequila mixture from the heat. Steep for 15 minutes.

Strain through a sieve into a bowl. Discard the mint.

Stir in the lime juice, Grand Marnier and remaining tequila. Cool to room temperature. Add the bitters, if desired.

Place the mixture in a zip-top plastic bag. Seal and freeze for two hours (the alcohol will separate). Knead the bag to re-combine the mixture.

Pour two-thirds cup of the margarita mixture into each of six margarita glasses.

We use silver, or clear, tequila in this mint margaritas recipe. For an appealing presentation, rub the rims of the margarita glasses with lime wedges and dip the rims in a half-and-half mixture of kosher salt and sugar. Serve with fresh lime wedges as a garnish, if desired.

Per Serving (excluding unknown items): 217 Calories; trace Fat (0.1% calories from fat); trace Protein; 37g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3mg Sodium. Exchanges: 0 Fruit; 2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	217	Vitamin B6 (mg):	trace
% Calories from Fat:	0.1%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	99.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	0.2%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	2mcg
			trace

Saturated Fat (g): trace
Monounsaturated Fat (g): trace
Polyunsaturated Fat (g): trace
Cholesterol (mg): 0mg
Carbohydrate (g): 37g
Dietary Fiber (g): trace
Protein (g): trace
Sodium (mg): 3mg
Potassium (mg): 23mg
Calcium (mg): 4mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 6mg
Vitamin A (i.u.): 2IU
Vitamin A (r.e.): 0RE

Niacin (mg):
Caffeine (mg): 0mg
Alcohol (kcal): 83
% Refused: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 2

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 217 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	3mg	0%
Total Carbohydrates	37g	12%
	Dietary Fiber trace	0%
Protein	trace	
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Vitamin A		0%
Vitamin C		10%
Calcium		0%
Iron		0%

* Percent Daily Values are based on a 2000 calorie diet.