

Mango-Avocado Margarita

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Servings: 4

Yield: 4 cups

2 cups ice cubes

1 cup (one large) mango, peeled and chopped

6 tablespoons ripe avocado, peeled and chopped

6 tablespoons fresh lime juice

1/4 cup tequila

1/4 cup orange juice

2 tablespoons sugar

2 tablespoons Triple Sec

4 lime wedges (optional)

In a blender, combine the ice cubes, mango, avocado, lime juice, tequila, orange juice, sugar and Triple Sec. Process until smooth.

Divide the mixture evenly among four glasses. Garnish with lime wedges, if desired.

Serve immediately.

For extra zip, rub the rim of each empty glass with a lime wedge, then coat the rims with salt and chili powder.

Per Serving (excluding unknown items): 130 Calories; trace Fat (1.9% calories from fat); trace Protein; 21g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 1 Fruit; 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	130	Vitamin B6 (mg):	.1mg
% Calories from Fat:	1.9%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	95.9%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.1%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	18mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	59
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	21g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0

Sodium (mg): 5mg
Potassium (mg): 137mg
Calcium (mg): 11mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 29mg
Vitamin A (i.u.): 2048IU
Vitamin A (r.e.): 209 1/2RE

Vegetable: 0
Fruit: 1
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 130 Calories from Fat: 3

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	5mg	0%
Total Carbohydrates	21g	7%
	Dietary Fiber 1g	5%
Protein	trace	

Vitamin A	41%
Vitamin C	48%
Calcium	1%
Iron	1%

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