

# Frozen Lemon Berry Margarita

*Publix Liquors*

## Servings: 4

4 lime wedges  
2 tablespoons coarse sugar  
2/3 cup lemonade concentrate,  
thawed  
1 cup frozen unsweetened raspberries  
2 cups ice cubes  
2 packages (10 ounce ea) frozen  
sweetened sliced strawberries, thawed  
1/2 cup frozen blueberries  
1 tablespoon sugar  
1/2 cup tequila

Using the lime wedges, moisten the rims of four margarita glasses. Set aside the limes for garnish.

Sprinkle the coarse sugar on a plate. Hold each glass upside down and dip into the sugar. Set aside the glasses. Discard the remaining sugar on the plate.

In a blender, combine the lemonade concentrate and raspberries. Cover and process until blended. Press the mixture through a fine sieve; discard the seeds.

Return the raspberry mixture to the blender. Add the ice, strawberries, blueberries, sugar and tequila, if desired. Cover and process until smooth.

Pour into the prepared glasses. Garnish with the reserved limes.

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Per Serving (excluding unknown items): 91 Calories; trace Fat (4.4% calories from fat); trace Protein; 7g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 4mg Sodium. Exchanges: 1/2 Fruit; 0 Other Carbohydrates.

## Beverages

### Per Serving Nutritional Analysis

Calories (kcal):	91	Vitamin B6 (mg):	trace
% Calories from Fat:	4.4%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	93.1%	Thiamin B1 (mg):	trace
% Calories from Protein:	2.5%	Riboflavin B2 (mg):	trace
			3mcg

**Total Fat (g):** trace  
**Saturated Fat (g):** trace  
**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 7g  
**Dietary Fiber (g):** 1g  
**Protein (g):** trace  
**Sodium (mg):** 4mg  
**Potassium (mg):** 28mg  
**Calcium (mg):** 9mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 5mg  
**Vitamin A (i.u.):** 17IU  
**Vitamin A (r.e.):** 1 1/2RE

**Folacin (mcg):**  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 64  
**% Refuse:** n n%

### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 0  
**Vegetable:** 0  
**Fruit:** 1/2  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 91 **Calories from Fat:** 4

### % Daily Values\*

<b>Total Fat</b>	trace	0%
	Saturated Fat trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	4mg	0%
<b>Total Carbohydrates</b>	7g	2%
	Dietary Fiber 1g	2%
<b>Protein</b>	trace	
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<b>Vitamin A</b>		0%
<b>Vitamin C</b>		9%
<b>Calcium</b>		1%
<b>Iron</b>		1%

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