

Hibiscus-Mint Margaritas

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Servings: 8

1 1/2 cups boiling water
4 regular-size hibiscus tea bags
1 cup sugar
4 mint sprigs
2 cups silver or blanco tequila
1/2 cup orange liqueur
1/2 cup lime juice
crushed ice
club soda

Preparation Time: 10 minutes

Pour the boiling water over the tea bags. Stir in the sugar and mint. Cover and steep for 20 minutes.

Discard the tea bags and mint. Cool completely (about one hour).

Stir together the tequila, orange liqueur, lime juice and tea in a pitcher.

Pour over crushed ice in eight (10-ounce) glasses. Top with a splash of club soda.

Start to Finish Time: 1 hour 30 minutes

This recipe was tested with Celestial Seasonings Red Zinger Herbal Tea.

Per Serving (excluding unknown items): 154 Calories; trace Fat (0.1% calories from fat); trace Protein; 31g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 1 1/2 Other Carbohydrates.

Beverages

Per Serving Nutritional Analysis

Calories (kcal):	154	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:	0.3%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	2mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	53
Cholesterol (mg):	0mg	% Refused:	0.0%
Carbohydrate (g):	31g		
	trace		

Food Exchanges

0
2

Dietary Fiber (g):
Protein (g): trace
Sodium (mg): 2mg
Potassium (mg): 20mg
Calcium (mg): 4mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 5mg
Vitamin A (i.u.): 22IU
Vitamin A (r.e.): 2RE

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

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 154 Calories from Fat: 0

% Daily Values*

Total Fat	trace	0%
	Saturated Fat trace	0%
Cholesterol	0mg	0%
Sodium	2mg	0%
Total Carbohydrates	31g	10%
	Dietary Fiber trace	0%
Protein	trace	

Vitamin A	0%
Vitamin C	8%
Calcium	0%
Iron	0%

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