

3-Shot Cocktail (



Vegetarian



Gluten Free

READY IN



10 min.

SERVINGS



14

CALORIES



16 kcal

SIDE DISH

Ingredients

- ☐ 1 medium jalapeño chile stemmed seeded coarsely chopped
- ☐ 0.3 cup juice of lime fresh
- ☐ 2 tablespoons juice of lime fresh per serving
- ☐ 0.8 cups orange juice
- ☐ 14 servings part red Sangrita See Cook's Note
- ☐ 1 pinch salt
- ☐ 1 ounce tequila per serving
- ☐ 0.8 cups spicy tomato juice

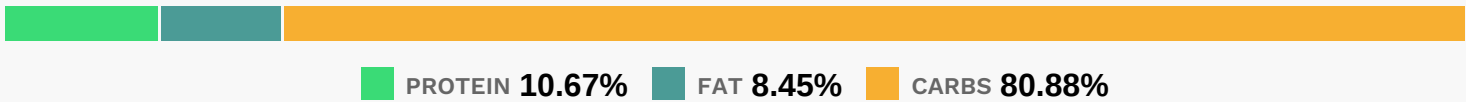
Equipment

☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ White part: Fill tequila shot glasses with tequila.
- ☐ Green part: Fill tequila shot glasses with lime juice.
- ☐ Red part: Put all of the ingredients for the sangrita in a blender and process until smooth. Fill tequila shot glasses with sangrita.
- ☐ Each guest is served 1 shot of each part or color to sip.

Nutrition Facts



Properties

Glycemic Index:9.31, Glycemic Load:0.87, Inflammation Score:-2, Nutrition Score:1.4056521433041%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 16.16kcal (0.81%), Fat: 0.12g (0.19%), Saturated Fat: 0.05g (0.34%), Carbohydrates: 2.59g (0.86%), Net Carbohydrates: 2.46g (0.9%), Sugar: 1.73g (1.93%), Cholesterol: 0.31mg (0.1%), Sodium: 5.63mg (0.24%), Alcohol: 0.68g (100%), Alcohol %: 2.33% (100%), Protein: 0.34g (0.68%), Vitamin C: 12.15mg (14.73%), Vitamin A: 103IU (2.06%), Potassium: 67.72mg (1.93%), Folate: 7.64µg (1.91%), Vitamin B1: 0.02mg (1.36%), Vitamin B6: 0.03mg (1.33%)