



## Cabo Wabo Cocktail

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



2

CALORIES



664 kcal

BEVERAGE

DRINK

## Ingredients

- 1 tablespoon chili powder
- 2 servings ice cubes
- 1 tablespoon kosher salt
- 0.3 cup juice of lime freshly squeezed
- 1 mangos peeled cut into 2 pieces
- 2 servings pineapple wedges for garnish
- 4 pineapple rings fresh
- 0.8 cup simple syrup glaze (equal parts sugar and water heated until the sugar dissolves)

4 ounces tequila (recommended: Cabo Wabo)

## Equipment

grill

cutting board

## Directions

Preheat grill to high.

Place mango and pineapple on grill, cook for 2 minutes, turn over and cook for 1 minute more.

Remove from grill to a cutting board and let cool. Roughly chop the fruit and put in large glass or cocktail shaker with 1/2 cup of ice, muddle, and add simple syrup, lime juice and tequila. Shake or stir to combine.

Combine chili powder and kosher salt on a small plate. Rub the rims of 2 serving glasses with pineapple wedge, and coat the rims with the chili powder/salt. Fill each glass 3/4 full with ice and pour in cocktail mixture.

## Nutrition Facts



**PROTEIN 1.75%** **FAT 1.86%** **CARBS 96.39%**

## Properties

Glycemic Index:62.71, Glycemic Load:12.84, Inflammation Score:-9, Nutrition Score:19.457826054615%

## Flavonoids

Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg, Cyanidin: 0.1mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg, Catechin: 1.78mg Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg, Hesperetin: 3.62mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 664.04kcal (33.2%), Fat: 1.22g (1.87%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 141.89g (47.3%), Net Carbohydrates: 136.04g (49.47%), Sugar: 132.04g (146.71%), Cholesterol: 0mg (0%), Sodium: 3634.29mg (158.01%), Alcohol: 18.94g (100%), Alcohol %: 4.05% (100%), Protein: 2.58g (5.17%), Vitamin C: 99.95mg (121.16%), Vitamin A: 2430.89IU (48.62%), Manganese: 0.92mg (46.22%), Iron: 6.05mg (33.63%), Vitamin B1: 0.4mg (26.55%), Fiber: 5.85g (23.39%), Copper: 0.43mg (21.37%), Vitamin B6: 0.4mg (20.04%), Folate: 70.21µg (17.55%), Potassium: 611.83mg (17.48%), Vitamin E: 2.59mg (17.23%), Magnesium: 59.82mg (14.96%), Vitamin B2: 0.21mg (12.44%), Vitamin B3: 2.08mg (10.42%), Vitamin K: 10.19µg (9.71%), Calcium: 79.47mg (7.95%), Phosphorus: 59.09mg (5.91%), Zinc: 0.79mg (5.25%), Vitamin B5: 0.46mg (4.65%), Selenium: 2.91µg (4.16%)