



Cactus Fruit Cocktails



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



424 kcal

DESSERT

Ingredients

- ☐ 2 servings ice cubes
- ☐ 1 tablespoon juice of lime freshly squeezed
- ☐ 4 pears peeled
- ☐ 1 tablespoon sugar
- ☐ 4 ounces tequila
- ☐ 1.5 ounces triple sec

Equipment

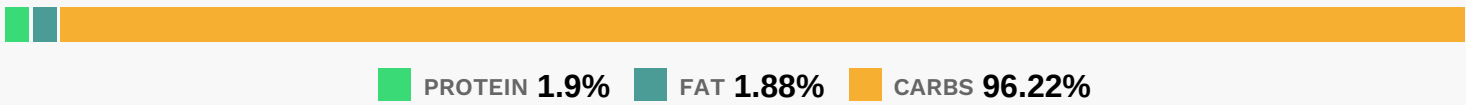
- ☐ bowl

☐ blender

Directions

- ☐ Place the prickly pears in a blender and pulse until liquefied. Strain the juice into a small bowl (you should have about 1 cup of juice).
- ☐ Fill a large cocktail shaker with ice, add the prickly pear juice, tequila, triple sec, lime juice, and sugar and shake vigorously.
- ☐ Pour into glasses filled with ice, rimmed with salt or sugar, if you like.
- ☐ Garnish with lime slices.
- ☐ For a fancy party cocktail, combine some chipotle chile powder with your coarse-grained salt before rimming the glasses. The smoky, spicy salt will make a nice complement to the sweet, fruity drink.
- ☐ From Quick & Easy Mexican Cooking: More Than 80 Everyday Recipes by Cecila Hae-Jin Lee. Text copyright © 2011 by Cecilia Hae-Jin Lee; plated food photographs copyright © 2011 by Leigh Beisch. Published by Chronicle Books LLC.

Nutrition Facts



Properties

Glycemic Index:60.92, Glycemic Load:20.02, Inflammation Score:-5, Nutrition Score:7.4321739336719%

Flavonoids

Cyanidin: 7.33mg, Cyanidin: 7.33mg, Cyanidin: 7.33mg, Cyanidin: 7.33mg Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg, Catechin: 0.96mg Epigallocatechin: 2.1mg, Epigallocatechin: 2.1mg, Epigallocatechin: 2.1mg, Epigallocatechin: 2.1mg Epicatechin: 13.39mg, Epicatechin: 13.39mg, Epicatechin: 13.39mg, Epicatechin: 13.39mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg, Isorhamnetin: 1.07mg Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg, Quercetin: 3.03mg

Nutrients (% of daily need)

Calories: 424.36kcal (21.22%), Fat: 0.59g (0.9%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 67.57g (22.52%), Net Carbohydrates: 56.5g (20.55%), Sugar: 47.67g (52.97%), Cholesterol: 0mg (0%), Sodium: 8.84mg (0.38%), Alcohol: 24.47g (100%), Alcohol %: 6.16% (100%), Caffeine: 5.53mg (1.84%), Protein: 1.33g (2.67%), Fiber: 11.07g (44.26%), Vitamin C: 17.56mg (21.28%), Copper: 0.32mg (16.19%), Vitamin K: 15.71µg (14.96%), Potassium: 429.37mg (12.27%), Manganese: 0.19mg (9.31%), Magnesium: 26.72mg (6.68%), Folate: 25.67µg (6.42%), Vitamin B2: 0.1mg (5.86%), Vitamin B6: 0.11mg (5.33%), Phosphorus: 47.31mg (4.73%), Iron: 0.69mg (3.81%), Calcium: 35.04mg (3.5%), Vitamin B1: 0.05mg (3.26%), Vitamin B3: 0.62mg (3.11%), Vitamin E: 0.44mg (2.96%), Zinc: 0.4mg (2.65%), Vitamin A: 92.75IU (1.86%), Vitamin B5: 0.18mg (1.84%)