



Chamomile Tequila Sour



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



35 min.

SERVINGS



1

CALORIES



1004 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.5 cup kosher salt
- ☐ 1 lime wedges fresh
- ☐ 1.5 ounces simple syrup glaze
- ☐ 1 cup sugar
- ☐ 4 ginger tea bags
- ☐ 1.8 ounces tequila
- ☐ 1 cup water

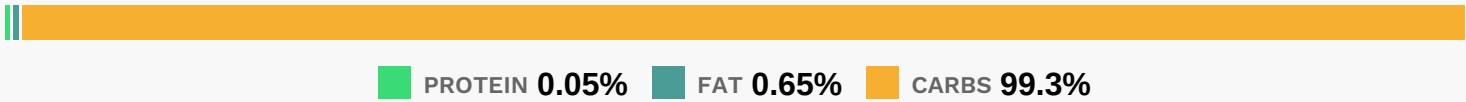
Equipment

sauce pan

Directions

- Combine water and sugar in a small saucepan over high heat. Stir to dissolve the sugar and bring to a boil. Immediately remove from heat and add the chamomile tea bags. Steep for 30 minutes then remove the tea. Cool to room temperature and refrigerate.
- Place the salt in a small, shallow plate in an even layer. Moisten the rim of a coupe glass by running a lime wedge around the rim. Dip glass into salt and set aside.
- Combine lime juice, tequila, and chamomile simple syrup in a cocktail shaker. Fill with ice. Shake until well chilled, about 15 seconds. Strain into the salt rimmed coupe glass and serve.

Nutrition Facts



Properties

Glycemic Index:117.09, Glycemic Load:140.06, Inflammation Score:-1, Nutrition Score:2.6421738905103%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 1004.39kcal (50.22%), Fat: 0.68g (1.04%), Saturated Fat: 0g (0.02%), Carbohydrates: 232.19g (77.4%), Net Carbohydrates: 231.69g (84.25%), Sugar: 231.03g (256.7%), Cholesterol: 0mg (0%), Sodium: 56626.03mg (2462%), Alcohol: 16.57g (100%), Alcohol %: 2.96% (100%), Protein: 0.13g (0.25%), Iron: 2.24mg (12.45%), Manganese: 0.16mg (8.22%), Vitamin C: 5.24mg (6.35%), Copper: 0.13mg (6.31%), Calcium: 55.61mg (5.56%), Vitamin B1: 0.06mg (4.24%), Vitamin B2: 0.07mg (4.06%), Selenium: 1.72µg (2.45%), Magnesium: 9.16mg (2.29%), Zinc: 0.31mg (2.07%), Fiber: 0.5g (2.02%), Potassium: 61.82mg (1.77%)