

Conmemorativo Sauza®-Rita

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

5 min.

SERVINGS

servings

7

CALORIES

calories

193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

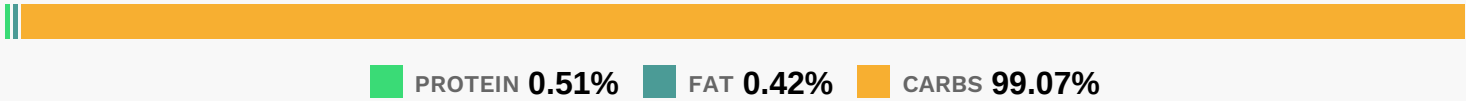
- ☐ 7 servings lemon wedges
- ☐ 12 ounces juice of lime fresh
- ☐ 12 ounces simple syrup glaze
- ☐ 4 ounces triple sec dekuyper®
- ☐ 8 ounces conmemorativo sauza®
- ☐ 8 ounces conmemorativo sauza®

Equipment

Directions

- ☐
- Pour Sauza
- [®]
- Conmemorativo into a pitcher with ice.
-
- ☐
- Add in 4 oz. DeKuyper
- [®]
- Triple Sec and 12 oz. fresh lime juice. Finally add 12 oz. simple syrup, stir and serve over ice.

Nutrition Facts



Properties

Glycemic Index:3.64, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.2947825983815%

Flavonoids

Eriodictyol: 1.28mg, Eriodictyol: 1.28mg, Eriodictyol: 1.28mg, Eriodictyol: 1.28mg Hesperetin: 4.64mg, Hesperetin: 4.64mg, Hesperetin: 4.64mg, Hesperetin: 4.64mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 193.07kcal (9.65%), Fat: 0.09g (0.13%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 44.95g (14.98%), Net Carbohydrates: 44.72g (16.26%), Sugar: 41.64g (46.26%), Cholesterol: 0mg (0%), Sodium: 30.48mg (1.33%), Alcohol: 4.21g (100%), Alcohol %: 4.67% (100%), Caffeine: 4.21mg (1.4%), Protein: 0.23g (0.46%), Vitamin C: 15.11mg (18.31%), Iron: 1.81mg (10.05%), Vitamin B1: 0.08mg (5.09%), Potassium: 93.72mg (2.68%), Magnesium: 9.31mg (2.33%), Vitamin B2: 0.04mg (2.27%), Copper: 0.03mg (1.48%), Calcium: 13.54mg (1.35%), Folate: 4.97µg (1.24%), Phosphorus: 11.82mg (1.18%)