



Copa Verde

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



6

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 ounces agave nectar light plus more for rimming the glasses
- 1 medium avocado pitted peeled
- 1 teaspoon thyme sprigs fresh chopped
- 6 servings ice cubes
- 2 teaspoons kosher salt
- 4 ounces juice of lime freshly squeezed
- 8 ounces tequila
- 4 ounces water

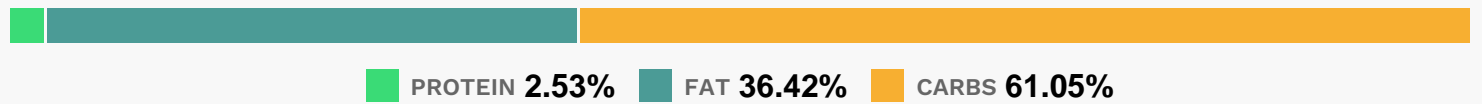
Equipment

- bowl
- blender

Directions

- Mix together the thyme and salt in a small, shallow bowl.
- Place a small amount of agave syrup in another small bowl. Using your finger, rim 6 shooter glasses with the syrup, then dip the rims into the thyme-salt mixture. Set the glasses aside.
- Place the remaining ingredients except the ice in a blender and blend on high until smooth. Fill a cocktail shaker halfway with ice.
- Pour in some of the blended mixture, filling the shaker about halfway. Shake until thoroughly chilled, about 20 to 30 seconds. Strain into the rimmed shooter glasses. Repeat with the remaining blended ingredients.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:19.17, Glycemic Load:2.42, Inflammation Score:-5, Nutrition Score:4.3491304205812%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 1.7mg, Hesperetin: 1.7mg, Hesperetin: 1.7mg, Hesperetin: 1.7mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 204.57kcal (10.23%), Fat: 5.03g (7.74%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 18.97g (6.32%), Net Carbohydrates: 16.57g (6.02%), Sugar: 13.39g (14.88%), Cholesterol: 0mg (0%), Sodium: 782.79mg (34.03%), Alcohol: 12.63g (100%), Alcohol %: 8.59% (100%), Protein: 0.78g (1.57%), Vitamin C: 12.77mg (15.47%), Vitamin K:

11.4µg (10.86%), Fiber: 2.4g (9.62%), Folate: 34.84µg (8.71%), Vitamin B6: 0.14mg (6.95%), Vitamin E: 0.92mg (6.13%), Potassium: 188.29mg (5.38%), Vitamin B5: 0.49mg (4.9%), Vitamin B2: 0.08mg (4.74%), Copper: 0.09mg (4.64%), Vitamin B3: 0.75mg (3.75%), Vitamin B1: 0.05mg (3.51%), Manganese: 0.07mg (3.32%), Magnesium: 12.72mg (3.18%), Phosphorus: 22.12mg (2.21%), Zinc: 0.26mg (1.75%), Iron: 0.3mg (1.66%), Vitamin A: 74.2IU (1.48%), Calcium: 10.93mg (1.09%)