

Coupe de Ville



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



7

CALORIES



236 kcal

BEVERAGE

DRINK

Ingredients

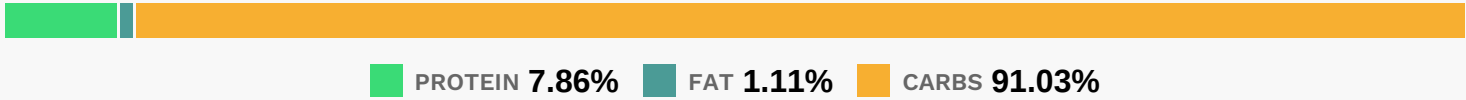
- ☐ 72 ounce beer light such as dos equis or tecate, chilled
- ☐ 6 ounces juice of lime chilled freshly squeezed (from 4 medium limes)
- ☐ 6 ounces orange juice chilled freshly squeezed (from 2 medium oranges)
- ☐ 3 ounces orange liqueur such as grand marnier, chilled
- ☐ 6 ounces tequila chilled

Equipment

Directions

- ☐ Place all of the ingredients except the beer in a 4-quart container and stir to combine.
- ☐ Add the beer, stir gently to combine, and serve in chilled glasses.

Nutrition Facts



Properties

Glycemic Index:15.36, Glycemic Load:5.48, Inflammation Score:-7, Nutrition Score:3.6730434713156%

Flavonoids

Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg, Catechin: 1.11mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 5.08mg, Hesperetin: 5.08mg, Hesperetin: 5.08mg, Hesperetin: 5.08mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg, Kaempferol: 2.36mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg Gallocatechin: 0.23mg, Gallocatechin: 0.23mg, Gallocatechin: 0.23mg, Gallocatechin: 0.23mg

Nutrients (% of daily need)

Calories: 235.95kcal (11.8%), Fat: 0.1g (0.16%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 18.84g (6.28%), Net Carbohydrates: 18.69g (6.8%), Sugar: 6.36g (7.07%), Cholesterol: 0mg (0%), Sodium: 13.61mg (0.59%), Alcohol: 22.65g (100%), Alcohol %: 7.62% (100%), Caffeine: 3.16mg (1.05%), Protein: 1.63g (3.25%), Vitamin C: 19.44mg (23.56%), Vitamin B3: 1.65mg (8.24%), Vitamin B6: 0.15mg (7.67%), Folate: 27.22µg (6.8%), Magnesium: 22.48mg (5.62%), Vitamin B2: 0.09mg (5.07%), Phosphorus: 50.06mg (5.01%), Potassium: 159.89mg (4.57%), Vitamin B1: 0.04mg (2.96%), Selenium: 1.83µg (2.62%), Copper: 0.04mg (2.09%), Vitamin B5: 0.2mg (1.96%), Manganese: 0.04mg (1.88%), Calcium: 17.86mg (1.79%), Vitamin A: 60.75IU (1.21%)