



Cucumber-Mint Tequila Tonic

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



95 kcal

BEVERAGE

DRINK

Ingredients

- 0.3 cup agave nectar
- 0.3 cup cilantro leaves
- 2 cups cucumber english chopped
- 1 lime juiced
- 0.5 cup mint leaves
- 1 Dash salt
- 0.5 cup tequila
- 0.8 cup water chilled

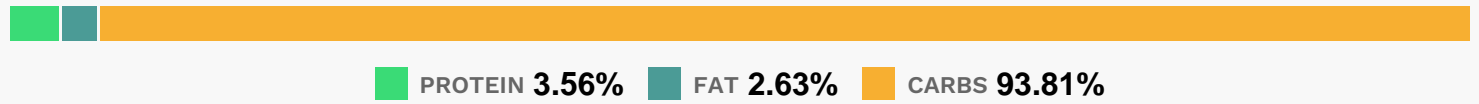
Equipment

- food processor
- bowl

Directions

- Combine first 6 ingredients in a food processor; pulse until smooth. Scrape mixture into a bowl; stir in tequila. Chill. Strain. Stir in tonic water.
- Serve over ice.

Nutrition Facts



Properties

Glycemic Index:15.67, Glycemic Load:1.67, Inflammation Score:-3, Nutrition Score:2.5873913065247%

Flavonoids

Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg, Eriodictyol: 1.16mg Hesperetin: 5.18mg, Hesperetin: 5.18mg, Hesperetin: 5.18mg, Hesperetin: 5.18mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 95.42kcal (4.77%), Fat: 0.15g (0.24%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 12.35g (4.12%), Net Carbohydrates: 11.52g (4.19%), Sugar: 9.08g (10.09%), Cholesterol: 0mg (0%), Sodium: 11.01mg (0.48%), Alcohol: 6.68g (100%), Alcohol %: 7.56% (100%), Protein: 0.47g (0.94%), Vitamin K: 10.57µg (10.07%), Vitamin C: 7.67mg (9.3%), Vitamin A: 246.27IU (4.93%), Manganese: 0.08mg (3.97%), Fiber: 0.83g (3.32%), Folate: 11.68µg (2.92%), Vitamin B2: 0.05mg (2.69%), Vitamin B6: 0.05mg (2.66%), Potassium: 88.05mg (2.52%), Copper: 0.05mg (2.27%), Magnesium: 8.77mg (2.19%), Vitamin B1: 0.03mg (2.16%), Iron: 0.39mg (2.14%), Calcium: 19.8mg (1.98%), Phosphorus: 14.31mg (1.43%), Vitamin B5: 0.13mg (1.3%), Vitamin E: 0.17mg (1.14%), Vitamin B3: 0.21mg (1.07%)