



## Cucumber Pineapple Tequila Cooler

 Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



123 kcal

BEVERAGE

DRINK

### Ingredients

- 1 tablespoon agave nectar
- 1 slices european cucumber seedless peeled for garnish
- 1 cup pineapple cubes fresh
- 1.5 cups ice cubes plus more for serving
- 1 pinch kosher salt
- 2 limes skinless
- 4 ounces silver tequila (blanco)

### Equipment

blender

juicer

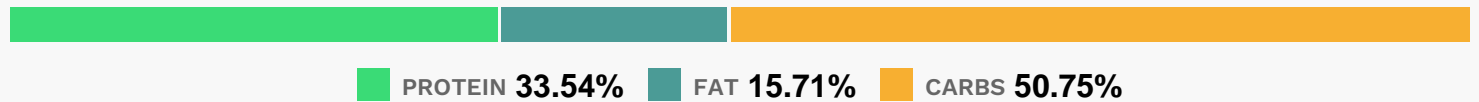
## Directions

Prepare a vegetable juicer (or blender if unavailable). Run the pineapple, limes and cucumber through the juicer, letting all the juices combine.

Pour the tequila into a cocktail shaker or pitcher, and then add the juices, ice, agave and salt. Shake or stir vigorously until chilled. Line up 4 tall Tom Collins glasses filled with ice, and pour the tequila cooler over.

Serve with straws and cucumber slices for garnish.

## Nutrition Facts



## Properties

Glycemic Index:19.25, Glycemic Load:1.43, Inflammation Score:-2, Nutrition Score:1.5291304484658%

## Flavonoids

Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg, Hesperetin: 14.4mg Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg, Naringenin: 1.14mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

## Nutrients (% of daily need)

Calories: 122.56kcal (6.13%), Fat: 1.11g (1.71%), Saturated Fat: 0.01g (0.05%), Carbohydrates: 8.07g (2.69%), Net Carbohydrates: 7.11g (2.59%), Sugar: 4.67g (5.19%), Cholesterol: 15.27mg (5.09%), Sodium: 386.84mg (16.82%), Alcohol: 9.47g (100%), Alcohol %: 6.45% (100%), Protein: 5.34g (10.67%), Vitamin C: 10.7mg (12.97%), Fiber: 0.96g (3.84%), Iron: 0.4mg (2.25%), Copper: 0.04mg (2.18%), Vitamin K: 1.51µg (1.44%), Calcium: 14.02mg (1.4%), Vitamin B6: 0.03mg (1.39%), Vitamin B1: 0.02mg (1.25%), Folate: 4.5µg (1.13%), Potassium: 37.33mg (1.07%)