



El Diablo



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



1

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

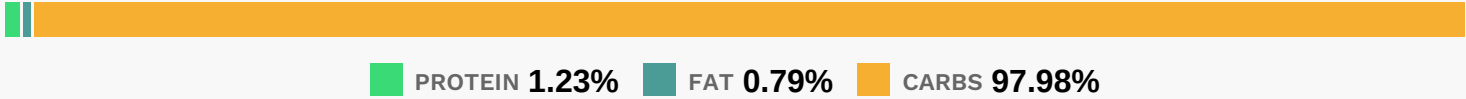
- ☐ 1 teaspoon creme de cassis
- ☐ 3 ounces prepare as
- ☐ 1 cup ice cubes
- ☐ 1 lime wedges
- ☐ 2 ounces tequila

Equipment

Directions

☐ In 11-ounce highball glass, combine ice and tequila. Top with ginger beer, then slowly pour in crème de cassis (it will settle to bottom). Squeeze lime wedge over, then drop wedge into drink and serve.

Nutrition Facts



Properties

Glycemic Index:110, Glycemic Load:5.14, Inflammation Score:-2, Nutrition Score:0.98391303452461%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 167.81kcal (8.39%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.02%), Carbohydrates: 10g (3.33%), Net Carbohydrates: 9.49g (3.45%), Sugar: 8.53g (9.48%), Cholesterol: 0mg (0%), Sodium: 19.3mg (0.84%), Alcohol: 18.94g (100%), Alcohol %: 5.98% (100%), Protein: 0.13g (0.25%), Vitamin C: 5.24mg (6.35%), Copper: 0.08mg (3.86%), Fiber: 0.5g (2.02%), Iron: 0.29mg (1.59%), Calcium: 15.84mg (1.58%), Manganese: 0.02mg (1.17%), Magnesium: 4.35mg (1.09%)