



Feliz Navidad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



1

CALORIES



242 kcal

BEVERAGE

DRINK

Ingredients

- 1 ounce curacao blue
- 1 serving ice cubes
- 1 ounce juice of lime fresh
- 1 serving garnish: orange
- 4 ounces sparkling wine
- 1 ounce tequila

Equipment

Directions

Pour blue Curaao, tequila, fresh lime juice, and sparkling wine into a red wine glass filled with 4 or 5 ice cubes. Stir and garnish with an orange slice.

Reprinted with permission from Holiday Cocktails (Chronicle, 200

by Jessica Strand.

Nutrition Facts



Properties

Glycemic Index:57.5, Glycemic Load:3.6, Inflammation Score:-7, Nutrition Score:6.2169564405213%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 27.07mg, Hesperetin: 27.07mg, Hesperetin: 27.07mg, Hesperetin: 27.07mg Naringenin: 13.9mg, Naringenin: 13.9mg, Naringenin: 13.9mg, Naringenin: 13.9mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 242.44kcal (12.12%), Fat: 0.13g (0.2%), Saturated Fat: 0.02g (0.1%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 19.06g (6.93%), Sugar: 15.2g (16.88%), Cholesterol: 0mg (0%), Sodium: 11.59mg (0.5%), Alcohol: 25.23g (100%), Alcohol %: 9.28% (100%), Protein: 1.04g (2.09%), Vitamin C: 56.38mg (68.35%), Fiber: 2.27g (9.09%), Potassium: 296.43mg (8.47%), Folate: 30.97µg (7.74%), Vitamin B1: 0.09mg (5.81%), Magnesium: 23.17mg (5.79%), Calcium: 51.85mg (5.19%), Vitamin B6: 0.09mg (4.39%), Vitamin A: 216.67IU (4.33%), Copper: 0.08mg (3.78%), Phosphorus: 34.71mg (3.47%), Iron: 0.58mg (3.22%), Vitamin B2: 0.05mg (3.1%), Vitamin B5: 0.26mg (2.6%), Vitamin B3: 0.41mg (2.06%), Manganese: 0.03mg (1.64%), Vitamin E: 0.22mg (1.5%), Zinc: 0.19mg (1.29%), Selenium: 0.71µg (1.01%)