



Flor de Muertos

 Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



192 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

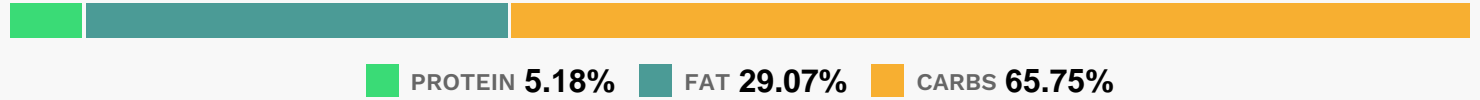
- 1 serving ice cubes
- 1 serving lime for garnish
- 0.5 ounce juice of lime freshly squeezed
- 1 ounce john d. taylor's velvet falernum
- 1 ounce tequila

Equipment

Directions

- Fill a cocktail shaker with ice.
- Add tequila, Velvet Falernum, mezcal, Punt e Mes, and lime juice. Shake for 30 seconds and strain into a cocktail glass.
- Garnish with lime twist.

Nutrition Facts



Properties

Glycemic Index:47, Glycemic Load:0.17, Inflammation Score:-2, Nutrition Score:3.2904347563567%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 4.28mg, Hesperetin: 4.28mg, Hesperetin: 4.28mg, Hesperetin: 4.28mg Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg, Naringenin: 0.29mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 192.47kcal (9.62%), Fat: 4.45g (6.84%), Saturated Fat: 0.93g (5.8%), Carbohydrates: 22.62g (7.54%), Net Carbohydrates: 21.69g (7.89%), Sugar: 11.22g (12.46%), Cholesterol: 0mg (0%), Sodium: 237.39mg (10.32%), Alcohol: 9.47g (100%), Alcohol %: 8.96% (100%), Caffeine: 3.12mg (1.04%), Protein: 1.78g (3.56%), Phosphorus: 80.92mg (8.09%), Vitamin C: 6.29mg (7.62%), Iron: 1.34mg (7.45%), Copper: 0.14mg (6.83%), Selenium: 3.56µg (5.08%), Folate: 19.55µg (4.89%), Calcium: 48.5mg (4.85%), Magnesium: 15.44mg (3.86%), Fiber: 0.93g (3.73%), Vitamin B1: 0.06mg (3.7%), Manganese: 0.07mg (3.57%), Potassium: 117.84mg (3.37%), Vitamin B2: 0.05mg (2.94%), Vitamin B3: 0.49mg (2.46%), Vitamin E: 0.36mg (2.41%), Zinc: 0.26mg (1.75%), Vitamin K: 1.2µg (1.15%)