



Fourth of July Cocktail



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



1

CALORIES



168 kcal

BEVERAGE

DRINK

Ingredients

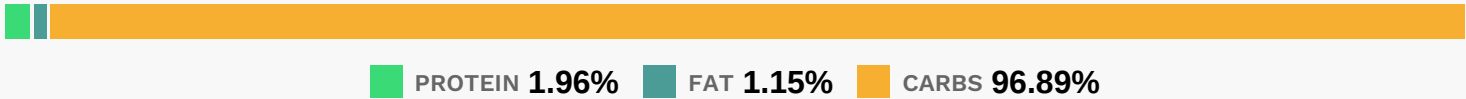
- ☐ 1 big tablespoon cranberry juice
- ☐ 0.3 ounce curacao blue
- ☐ 1 slice optional: lemon
- ☐ 1 slice lime
- ☐ 1 slice serrano chiles very thin
- ☐ 0.5 ounce simple syrup glaze
- ☐ 1.5 ounces tequila
- ☐ 1 ounce watermelon schnapps

Equipment

Directions

- ☐ Mix the schnapps and cranberry juice in a shaker; pour into an ice-filled glass.
- ☐ Muddle the jalapeno pepper, lemon and lime slices, tequila, blue curacao and simple syrup (to make a batch, dissolve sugar in equal parts hot water and chill) in the shaker. Slowly strain into the glass over the red layer.
- ☐ Garnish with watermelon, if desired.
- ☐ Photograph by Kate Sears

Nutrition Facts



Properties

Glycemic Index:203.17, Glycemic Load:1.87, Inflammation Score:-3, Nutrition Score:1.5734782523435%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 4.96mg, Hesperetin: 4.96mg, Hesperetin: 4.96mg, Hesperetin: 4.96mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 167.78kcal (8.39%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 15.83g (5.28%), Net Carbohydrates: 15.29g (5.56%), Sugar: 13.84g (15.37%), Cholesterol: 0mg (0%), Sodium: 9.33mg (0.41%), Alcohol: 16.33g (100%), Alcohol %: 19.14% (100%), Protein: 0.32g (0.64%), Vitamin C: 8.59mg (10.41%), Iron: 0.69mg (3.84%), Vitamin A: 176.17IU (3.52%), Vitamin B1: 0.04mg (2.39%), Fiber: 0.54g (2.17%), Potassium: 62.15mg (1.78%), Copper: 0.03mg (1.63%), Magnesium: 5.51mg (1.38%), Vitamin B6: 0.03mg (1.37%), Vitamin B2: 0.02mg (1.17%), Manganese: 0.02mg (1.15%)