



Fritz's Sonoran Sunset



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.5 cup grapefruit juice



1 tablespoon prickly pear syrup (see notes)



1.5 tablespoons tequila

Equipment

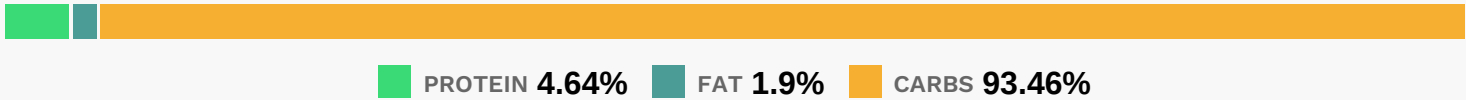
Directions



Fill an 8- to 12-ounce glass with ice cubes.

- ☐
- Add grapefruit juice and tequila and stir.
- ☐
- Drizzle with prickly pear syrup or substitute grenadine.

Nutrition Facts



Properties

Glycemic Index:99.75, Glycemic Load:6.89, Inflammation Score:-2, Nutrition Score:2.7943478263915%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg, Epicatechin: 0.56mg Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg, Epigallocatechin 3–gallate: 0.03mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 114.68kcal (5.73%), Fat: 0.14g (0.21%), Saturated Fat: 0g (0.02%), Carbohydrates: 15.35g (5.12%), Net Carbohydrates: 14.77g (5.37%), Sugar: 14.42g (16.02%), Cholesterol: 0mg (0%), Sodium: 2.73mg (0.12%), Alcohol: 7.51g (100%), Alcohol %: 6.13% (100%), Protein: 0.76g (1.52%), Vitamin C: 32.38mg (39.25%), Potassium: 208.76mg (5.96%), Magnesium: 12.84mg (3.21%), Iron: 0.51mg (2.82%), Fiber: 0.58g (2.31%), Vitamin B3: 0.38mg (1.9%), Phosphorus: 15.65mg (1.57%), Vitamin B5: 0.13mg (1.25%), Calcium: 10.77mg (1.08%)