



## Grandote (Para Dos) Cocktail from West of Pecos



Gluten Free



Dairy Free



Low Fod Map

READY IN



5 min.

SERVINGS



2

CALORIES



274 kcal

BEVERAGE

DRINK

### Ingredients

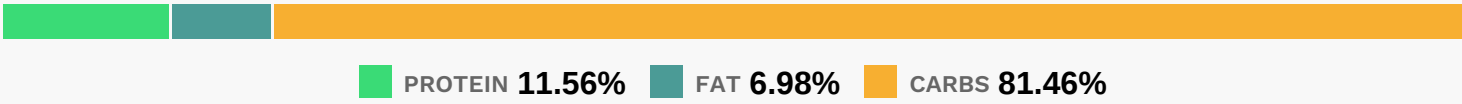
- ☐ 0.5 ounce chartreuse green
- ☐ 5 cucumber
- ☐ 1.5 ounces juice of lime fresh
- ☐ 1 ounce simple syrup glaze
- ☐ 3 ounces tequila
- ☐ 1.5 ounces mirin

### Equipment

# Directions

- ☐
- Place cucumber slices in a cocktail shaker and fill with ice.
- ☐
- Add tequila, vermouth, lime juice, Chartreuse, simple syrup. Shake well until chilled. Strain into large ice-filled serving glass and serve with two straws.

# Nutrition Facts



# Properties

Glycemic Index:15, Glycemic Load:1.64, Inflammation Score:-8, Nutrition Score:16.363043427467%

# Flavonoids

Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg, Hesperetin: 1.91mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

# Nutrients (% of daily need)

Calories: 274.44kcal (13.72%), Fat: 1.21g (1.87%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 31.9g (10.63%), Net Carbohydrates: 26.57g (9.66%), Sugar: 23.81g (26.46%), Cholesterol: 0mg (0%), Sodium: 24.07mg (1.05%), Alcohol: 20.12g (100%), Alcohol %: 2.98% (100%), Protein: 4.53g (9.06%), Vitamin K: 54.13µg (51.55%), Vitamin C: 30.38mg (36.82%), Potassium: 1054.66mg (30.13%), Manganese: 0.56mg (27.95%), Copper: 0.55mg (27.5%), Folate: 107.13µg (26.78%), Magnesium: 93.12mg (23.28%), Fiber: 5.34g (21.34%), Vitamin B6: 0.39mg (19.55%), Vitamin B5: 1.83mg (18.26%), Vitamin B1: 0.26mg (17.25%), Phosphorus: 163.31mg (16.33%), Iron: 2.2mg (12.2%), Vitamin B2: 0.2mg (11.82%), Vitamin A: 550.63IU (11.01%), Calcium: 109.82mg (10.98%), Zinc: 1.34mg (8.91%), Vitamin E: 0.27mg (1.81%), Vitamin B3: 0.33mg (1.64%), Selenium: 0.87µg (1.24%)