



Grapefruit-Tequila Fizz



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



1

CALORIES



136 kcal

BEVERAGE

DRINK

Ingredients

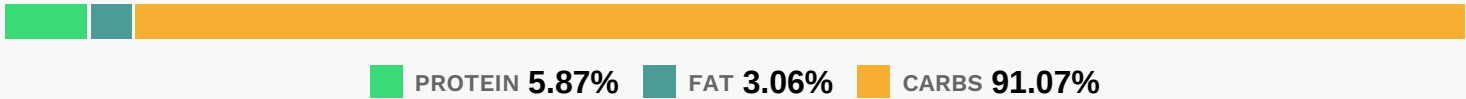
- ☐ 1 serving sports drink soft (such as Squirt)
- ☐ 1 serving ice cubes
- ☐ 1 jalapeno
- ☐ 1 serving lime wedges
- ☐ 1 serving lime wedges red
- ☐ 0.3 cup grapefruit juice fresh red
- ☐ 1 serving salt
- ☐ 3 tablespoons tequila

Equipment

Directions

- ☐
- Rub the rim of a 10-oz. glass with a grapefruit wedge; dip in margarita salt to coat. Fill glass with ice cubes. Fill a cocktail shaker half full with ice.
- ☐
- Add grapefruit juice, tequila, and 1 jalapeo pepper slice. Cover with lid, and shake vigorously until thoroughly chilled (about 30 seconds). Strain into prepared glass. Top with citrus soft drink.
- ☐
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:159, Glycemic Load:3.33, Inflammation Score:-4, Nutrition Score:3.1582608469155%

Flavonoids

Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg, Hesperetin: 0.86mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 135.82kcal (6.79%), Fat: 0.11g (0.18%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 7.69g (2.56%), Net Carbohydrates: 7.18g (2.61%), Sugar: 7.1g (7.89%), Cholesterol: 0mg (0%), Sodium: 198.93mg (8.65%), Alcohol: 15.03g (100%), Alcohol %: 10.73% (100%), Protein: 0.5g (0.99%), Vitamin C: 33.06mg (40.07%), Potassium: 133.28mg (3.81%), Vitamin E: 0.51mg (3.37%), Vitamin A: 156.05IU (3.12%), Vitamin B6: 0.06mg (3%), Vitamin K: 2.6µg (2.48%), Magnesium: 8.75mg (2.19%), Fiber: 0.51g (2.03%), Vitamin B3: 0.37mg (1.83%), Iron: 0.3mg (1.68%), Copper: 0.03mg (1.32%), Folate: 5.12µg (1.28%), Phosphorus: 12.29mg (1.23%), Manganese: 0.02mg (1.12%), Vitamin B5: 0.11mg (1.07%)