



Grenadine Half-Mast

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



415 kcal

BEVERAGE

DRINK

Ingredients

- 1.5 fluid ounces grenadine syrup
- 1 cup ice cubes
- 3 fluid ounces tequila
- 1 fluid ounce triple sec orange-flavored (liqueur)
- 6 fluid ounces mix sweet sour
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Equipment

Directions

- Fill a large glass with ice.
- Pour sweet and sour mix, tequila, grenadine, and triple sec over the ice; stir.

Nutrition Facts

PROTEIN 0.07% **FAT 0.51%** **CARBS 99.42%**

Properties

Glycemic Index:115, Glycemic Load:29.68, Inflammation Score:-3, Nutrition Score:0.51608695316574%

Nutrients (% of daily need)

Calories: 414.87kcal (20.74%), Fat: 0.09g (0.14%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 39.2g (13.07%), Net Carbohydrates: 39.2g (14.25%), Sugar: 30.17g (33.52%), Cholesterol: 0mg (0%), Sodium: 27.06mg (1.18%), Alcohol: 37.32g (100%), Alcohol %: 11.85% (100%), Caffeine: 7.69mg (2.56%), Protein: 0.03g (0.06%), Copper: 0.08mg (3.99%), Magnesium: 5.03mg (1.26%), Manganese: 0.02mg (1.05%), Calcium: 10.05mg (1.01%)