



Guadalupe Bowl from Comme Ça

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Leaves cilantro leaves
- 40 slices cucumber thick
- 8 servings ice cubes
- 10 lime quartered ()
- 1 slices sea salt black
- 6 ounces simple syrup glaze
- 16 ounces tequila

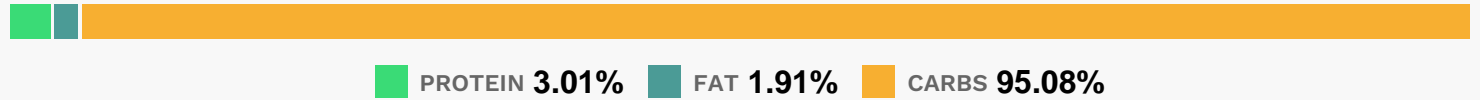
Equipment

bowl

Directions

- In large bowl combine cilantro, sliced cucumber, quartered limes, and simple syrup. Muddle.
- Pour into pitcher if desired, stir in tequila, and add ice.
- Top with additional cucumber slices and sprinkle a pinch of black sea salt on top.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:2.14, Inflammation Score:-4, Nutrition Score:4.015652184901%

Flavonoids

Hesperetin: 36.01mg, Hesperetin: 36.01mg, Hesperetin: 36.01mg, Hesperetin: 36.01mg Naringenin: 2.85mg, Naringenin: 2.85mg, Naringenin: 2.85mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 86.55kcal (4.33%), Fat: 0.22g (0.34%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 25.11g (8.37%), Net Carbohydrates: 22.51g (8.19%), Sugar: 17.46g (19.4%), Cholesterol: 0mg (0%), Sodium: 66.01mg (2.87%), Alcohol: 0g (100%), Protein: 0.8g (1.59%), Vitamin C: 25.52mg (30.94%), Fiber: 2.59g (10.37%), Iron: 1.35mg (7.49%), Copper: 0.09mg (4.64%), Vitamin B1: 0.06mg (4.25%), Potassium: 147.08mg (4.2%), Calcium: 37.1mg (3.71%), Vitamin K: 3.41µg (3.25%), Magnesium: 11.94mg (2.99%), Folate: 11.68µg (2.92%), Vitamin B6: 0.05mg (2.7%), Vitamin B5: 0.27mg (2.66%), Phosphorus: 24.19mg (2.42%), Vitamin B2: 0.04mg (2.26%), Manganese: 0.03mg (1.65%), Vitamin A: 75.51IU (1.51%), Zinc: 0.2mg (1.32%), Vitamin E: 0.2mg (1.32%), Vitamin B3: 0.2mg (1.02%)