



La Pinela

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



237 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons granulated sugar
- 1 tablespoon ground cinnamon
- 1 serving ice cubes
- 0.5 ounce juice of lime freshly squeezed
- 1 serving lime wedges for rimming the glass
- 1.5 ounces pineapple juice sweetened
- 1.5 ounces tequila (blanco)
- 0.5 ounce frangelico

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Equipment

Directions

Combine the sugar and cinnamon in a shallow dish. Rim a glass with the lime wedge, then coat the outside rim of the glass with the cinnamon-sugar mixture. Fill the glass with ice. Fill a cocktail shaker halfway with ice, add the remaining ingredients, and shake until the shaker is frosty, about 20 to 30 seconds. Strain into the glass.

Nutrition Facts



PROTEIN 1.41% **FAT 1.41%** **CARBS 97.18%**

Properties

Glycemic Index:168.09, Glycemic Load:19.37, Inflammation Score:-3, Nutrition Score:6.629999956359%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 1.7mg, Hesperetin: 1.7mg, Hesperetin: 1.7mg, Hesperetin: 1.7mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 236.77kcal (11.84%), Fat: 0.24g (0.37%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 37.12g (12.37%), Net Carbohydrates: 32.7g (11.89%), Sugar: 28.63g (31.81%), Cholesterol: 0mg (0%), Sodium: 5.42mg (0.24%), Alcohol: 14.2g (100%), Alcohol %: 9.56% (100%), Protein: 0.54g (1.08%), Manganese: 1.62mg (81.14%), Fiber: 4.42g (17.67%), Vitamin C: 9.1mg (11.03%), Calcium: 89.92mg (8.99%), Iron: 0.85mg (4.7%), Copper: 0.08mg (4.03%), Potassium: 108.7mg (3.11%), Vitamin B6: 0.06mg (3.07%), Magnesium: 11.66mg (2.91%), Vitamin K: 2.71µg (2.59%), Folate: 9.63µg (2.41%), Vitamin B1: 0.03mg (2.19%), Zinc: 0.23mg (1.54%), Vitamin E: 0.23mg (1.52%), Phosphorus: 12.39mg (1.24%), Vitamin B2: 0.02mg (1.22%), Vitamin B3: 0.22mg (1.09%)