

# Lime and Tequila Infused Strawberries

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



75 min.

SERVINGS



6

CALORIES



162 kcal

BEVERAGE

DRINK

## Ingredients

- 0.3 cup juice of lime fresh
- 2 tablespoons lime zest grated
- 2 pounds strawberries fresh hulled sliced
- 3.5 tablespoons tequila
- 6 tablespoons triple sec
- 0.3 cup sugar white

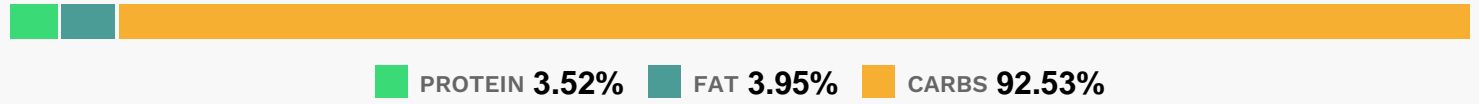
## Equipment

- bowl

# Directions

- Mix triple sec, sugar, lime juice, tequila, and lime zest in a bowl; stir to dissolve sugar.
- Pour over strawberries in a large bowl.
- Let stand, stirring occasionally, until juice forms, about 1 hour.

# Nutrition Facts



# Properties

Glycemic Index:26.18, Glycemic Load:11.24, Inflammation Score:-6, Nutrition Score:8.8060869755952%

# Flavonoids

Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg, Delphinidin: 0.47mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 37.57mg, Pelargonidin: 37.57mg, Pelargonidin: 37.57mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 4.7mg, Catechin: 4.7mg, Catechin: 4.7mg, Catechin: 4.7mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg, Epicatechin: 0.63mg Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg, Epicatechin 3-gallate: 0.23mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 2.07mg, Hesperetin: 2.07mg, Hesperetin: 2.07mg, Hesperetin: 2.07mg Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg, Quercetin: 1.75mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

# Nutrients (% of daily need)

Calories: 161.53kcal (8.08%), Fat: 0.55g (0.84%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 28.85g (9.62%), Net Carbohydrates: 25.72g (9.35%), Sugar: 23.57g (26.19%), Cholesterol: 0mg (0%), Sodium: 3.22mg (0.14%), Alcohol: 6.82g (100%), Alcohol %: 4.29% (100%), Caffeine: 3.9mg (1.3%), Protein: 1.1g (2.2%), Vitamin C: 93.52mg (113.36%), Manganese: 0.59mg (29.54%), Fiber: 3.13g (12.53%), Folate: 37.79µg (9.45%), Potassium: 254mg (7.26%), Magnesium: 21.3mg (5.33%), Copper: 0.09mg (4.31%), Phosphorus: 39.78mg (3.98%), Vitamin B6: 0.08mg (3.86%), Iron: 0.66mg (3.68%), Vitamin K: 3.42µg (3.26%), Vitamin B3: 0.63mg (3.15%), Vitamin E: 0.47mg (3.15%), Vitamin B1: 0.04mg (2.76%), Calcium: 26.99mg (2.7%), Vitamin B2: 0.04mg (2.35%), Vitamin B5: 0.21mg (2.1%), Zinc: 0.23mg

(1.56%), Selenium: 0.74 $\mu$ g (1.05%)