

Merry Mango Sauza®-Rita

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

45 min.

SERVINGS

servings

7

CALORIES

calories

170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

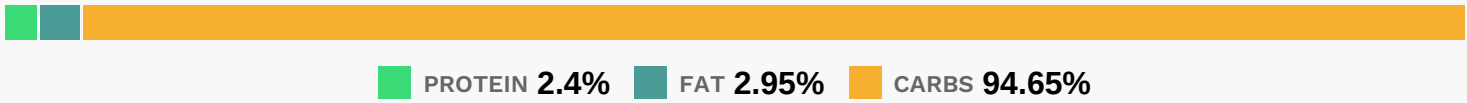
- ☐ 8 ounces optional: lemon fresh sour (equal parts lemon juice, water and sugar)
- ☐ 8 ounces diet lemon lime soda
- ☐ 8 ounces mango rum cruzan®
- ☐ 8 ounces blanco tequila sauza®

Equipment

Directions

Pour Sauza Blanco Tequila into pitcher with ice. Then add 4 oz Cruzan Mango and 8 oz fresh lemon sour and pour into pitcher. Lastly, add 8 oz (diet) lemon-lime soda, stir and serve over ice. Makes 7 delicious drinks, perfect for any ladies night in.

Nutrition Facts



Properties

Glycemic Index:4.29, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:1.0843478109202%

Flavonoids

Eriodictyol: 1.58mg, Eriodictyol: 1.58mg, Eriodictyol: 1.58mg, Eriodictyol: 1.58mg Hesperetin: 4.69mg, Hesperetin: 4.69mg, Hesperetin: 4.69mg, Hesperetin: 4.69mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 170.1kcal (8.5%), Fat: 0.08g (0.12%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 5.61g (1.87%), Net Carbohydrates: 5.51g (2.01%), Sugar: 4.12g (4.58%), Cholesterol: 0mg (0%), Sodium: 4.21mg (0.18%), Alcohol: 21.64g (100%), Alcohol %: 21.17% (100%), Caffeine: 4.86mg (1.62%), Protein: 0.14g (0.29%), Vitamin C: 12.54mg (15.2%), Folate: 6.48µg (1.62%)