



## Peach-Raspberry Tequila Sunrise

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



151 kcal

BEVERAGE

DRINK

### Ingredients

- 4 servings ice cubes
- 4 servings juice of lime fresh
- 0.3 cup orange juice
- 0.3 cup peach nectar
- 1.5 cups peaches frozen peeled sliced ( are OK)
- 1.5 cups raspberries frozen
- 4 servings sugar
- 4 servings tequila

4 servings water

## Equipment

bowl

sieve

blender

spatula

## Directions

Process 1 1/2 cups frozen raspberries, 1/4 cup orange juice, and 1/4 cup water in blender until smooth. Using a spatula, press mixture through a sieve over a bowl; discard seeds. Rinse blender, and pour the berry mixture back into it.

Add 2 tablespoons sugar, 1 tablespoon fresh lime juice, 1 ounce tequila, and 4 ice cubes; process until smooth. (Simply omit tequila for a nonalcoholic version.)

Transfer to a bowl, cover, and refrigerate.

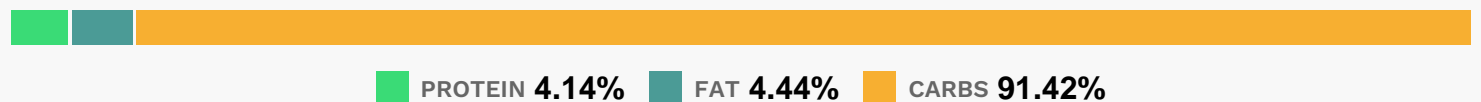
Rinse the blender, and add 1 tablespoon water, 2 tablespoons sugar, 1 tablespoon fresh lime juice, 1 ounce tequila, 1 1/2 cups sliced peeled peaches (frozen are OK), 1/4 cup peach nectar, and 3 ice cubes; process until smooth.

Pour the mixture into 4 tall glasses. Gently pour the raspberry mixture onto the peach mixture to create a second layer.

Garnish with additional berries and peach slices, if desired.

Serve with stirrers.

## Nutrition Facts



## Properties

Glycemic Index:50.84, Glycemic Load:11.83, Inflammation Score:-5, Nutrition Score:6.2721738711647%

## Flavonoids

Cyanidin: 21.71mg, Cyanidin: 21.71mg, Cyanidin: 21.71mg, Cyanidin: 21.71mg Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg, Petunidin: 0.14mg Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin: 0.59mg, Delphinidin:

0.59mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg, Pelargonidin: 0.44mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg, Epigallocatechin: 0.81mg Epicatechin: 2.94mg, Epicatechin: 2.94mg, Epicatechin: 2.94mg, Epicatechin: 2.94mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 4.54mg, Hesperetin: 4.54mg, Hesperetin: 4.54mg, Hesperetin: 4.54mg Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg, Naringenin: 0.45mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

## Nutrients (% of daily need)

Calories: 150.61kcal (7.53%), Fat: 0.63g (0.97%), Saturated Fat: 0.03g (0.2%), Carbohydrates: 29.08g (9.69%), Net Carbohydrates: 25.13g (9.14%), Sugar: 22.5g (25%), Cholesterol: 0mg (0%), Sodium: 25.32mg (1.1%), Alcohol: 5.01g (100%), Alcohol %: 1.31% (100%), Protein: 1.32g (2.63%), Vitamin C: 30.91mg (37.46%), Manganese: 0.35mg (17.52%), Fiber: 3.96g (15.83%), Copper: 0.15mg (7.7%), Vitamin E: 0.93mg (6.2%), Potassium: 209.71mg (5.99%), Vitamin A: 289.27IU (5.79%), Magnesium: 22.17mg (5.54%), Vitamin K: 5.62µg (5.36%), Folate: 20.72µg (5.18%), Vitamin B3: 0.86mg (4.28%), Vitamin B1: 0.06mg (4%), Phosphorus: 33.66mg (3.37%), Iron: 0.59mg (3.27%), Vitamin B5: 0.31mg (3.13%), Vitamin B6: 0.06mg (3.13%), Calcium: 29.3mg (2.93%), Vitamin B2: 0.05mg (2.9%), Zinc: 0.39mg (2.61%), Selenium: 1.45µg (2.07%)