



Pecos Punch Cocktail from West of Pecos



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



161 kcal

BEVERAGE

DRINK

Ingredients

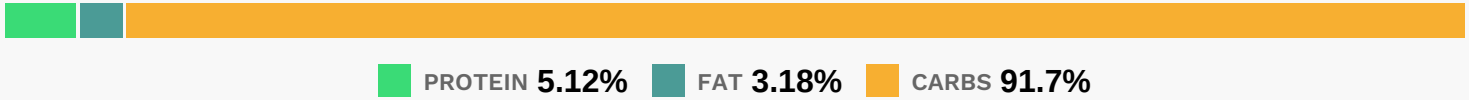
- ☐ 0.5 ounce agave nectar
- ☐ 2 basil
- ☐ 1 ounce grapefruit juice freshly squeezed
- ☐ 3 seasoning cubes fresh
- ☐ 1 serving optional: lemon
- ☐ 1 Dash juice of lemon
- ☐ 1.5 ounces tequila

Equipment

Directions

- ☐ In a cocktail shaker, muddle cantaloupe until broken down. Fill shaker with ice.
- ☐ Add basil, tequila, Aperol, agave syrup, and grapefruit juice and shake vigorously. Strain into ice filled serving glass (or tin cowboy cup).
- ☐ Garnish with lemon wheel.

Nutrition Facts



Properties

Glycemic Index:173.5, Glycemic Load:3.24, Inflammation Score:-2, Nutrition Score:1.8530434447786%

Flavonoids

Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg Hesperetin: 2.1mg, Hesperetin: 2.1mg, Hesperetin: 2.1mg, Hesperetin: 2.1mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 160.86kcal (8.04%), Fat: 0.23g (0.35%), Saturated Fat: 0g (0.02%), Carbohydrates: 14.77g (4.92%), Net Carbohydrates: 14.5g (5.27%), Sugar: 13.01g (14.46%), Cholesterol: 1.61mg (0.54%), Sodium: 40.85mg (1.78%), Alcohol: 14.2g (100%), Alcohol %: 18.59% (100%), Protein: 0.82g (1.65%), Vitamin C: 14.28mg (17.31%), Vitamin K: 6.51µg (6.2%), Vitamin B6: 0.04mg (2.04%), Potassium: 60.39mg (1.73%), Vitamin B2: 0.03mg (1.6%), Folate: 6.33µg (1.58%), Vitamin B1: 0.02mg (1.54%), Iron: 0.23mg (1.28%), Fiber: 0.27g (1.07%), Vitamin E: 0.16mg (1.05%), Magnesium: 4.11mg (1.03%), Vitamin B3: 0.2mg (1.02%)