



Raspberry Chill

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



10 min.

SERVINGS



2

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 ounces tequila
- 1 tablespoon juice of lime
- 3 tablespoons sugar
- 1 cup raspberries frozen
- 1 cup ice cubes for glasses
- 1 serving seltzer water
- 1 serving lime wedges

Equipment

blender

Directions

Combine tequila, lime juice, sugar, raspberries and 1 cup ice in blender. Puree.

Pour into 2 large glasses half filled with ice.

Add 1/2 to 1/2" club soda to each glass. Stir gently.

Garnish with lime.

Nutrition Facts

   **PROTEIN 2.74%**  **FAT 3.71%**  **CARBS 93.55%**

Properties

Glycemic Index:71.55, Glycemic Load:13.42, Inflammation Score:-3, Nutrition Score:4.3060869056246%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg, Hesperetin: 0.89mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 200.76kcal (10.04%), Fat: 0.45g (0.7%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 25.75g (8.58%), Net Carbohydrates: 21.81g (7.93%), Sugar: 20.75g (23.06%), Cholesterol: 0mg (0%), Sodium: 7.38mg (0.32%), Alcohol: 14.2g (100%), Alcohol %: 7.28% (100%), Protein: 0.75g (1.51%), Vitamin C: 18.12mg (21.96%), Manganese: 0.41mg (20.59%), Fiber: 3.94g (15.78%), Vitamin K: 4.73µg (4.5%), Copper: 0.09mg (4.27%), Magnesium: 15.02mg (3.75%), Vitamin E: 0.54mg (3.6%), Folate: 13.39µg (3.35%), Potassium: 101.11mg (2.89%), Iron: 0.45mg (2.5%), Vitamin B5: 0.21mg (2.08%), Phosphorus: 20.24mg (2.02%), Calcium: 19.97mg (2%), Zinc: 0.29mg (1.93%), Vitamin B3: 0.38mg (1.88%), Vitamin B6: 0.04mg (1.82%), Vitamin B2: 0.03mg (1.71%), Vitamin B1: 0.02mg (1.59%)