



## Raspberry Picante Paloma Pitchers

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



225 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 3 ounces agave syrup
- 12 ounces ruby grapefruit juice fresh red
- 1 zest of 1 grapefruit
- 4 slices jalapeno thin
- 0.3 cup kosher salt
- 10 ounces lemon-lime soda
- 3 ounces juice of lime fresh
- 6 servings lime wedges for the glasses

- 12 raspberries fresh
- 12 ounces tequila blue (preferably 100 percent agave tequila blanco)

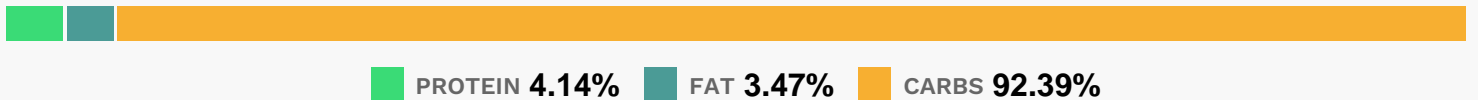
## Equipment

- mortar and pestle

## Directions

- Make the cocktails: In a glass pitcher, muddle the raspberries and jalapeno, then fill halfway with ice.
- Add the tequila, grapefruit juice, lime juice and agave. Take a second pitcher (the same size) and pour one into the other repeatedly to mix the drink together. Top it off with club soda or lemon-lime soda.
- Make the grapefruit salt: Crush the salt and grapefruit zest together with a mortar and pestle, then spread on a plate. Run a lime wedge around the rim of each glass, then dip the glasses in the grapefruit salt. Fill with the cocktails.
- Photograph by Kat Teutsch

## Nutrition Facts



## Properties

Glycemic Index:28, Glycemic Load:5.41, Inflammation Score:-7, Nutrition Score:9.5282608115155%

## Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg, Delphinidin: 0.05mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 1.7mg, Hesperetin: 1.7mg, Hesperetin: 1.7mg, Hesperetin: 1.7mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg

0.8mg Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg, Quercetin: 3.16mg

## **Nutrients (% of daily need)**

Calories: 224.79kcal (11.24%), Fat: 0.38g (0.59%), Saturated Fat: 0.06g (0.36%), Carbohydrates: 22.96g (7.65%), Net Carbohydrates: 20.74g (7.54%), Sugar: 18.82g (20.91%), Cholesterol: 0mg (0%), Sodium: 4729.95mg (205.65%), Alcohol: 18.94g (100%), Alcohol %: 8.98% (100%), Protein: 1.03g (2.06%), Vitamin C: 95.7mg (116%), Vitamin E: 2.36mg (15.72%), Vitamin B6: 0.29mg (14.74%), Vitamin K: 14.69µg (13.99%), Vitamin A: 660.18IU (13.2%), Fiber: 2.22g (8.86%), Potassium: 269.52mg (7.7%), Folate: 24.05µg (6.01%), Manganese: 0.11mg (5.56%), Vitamin B3: 1.09mg (5.47%), Magnesium: 17.63mg (4.41%), Vitamin B2: 0.07mg (4.25%), Vitamin B1: 0.05mg (3.36%), Iron: 0.51mg (2.84%), Vitamin B5: 0.28mg (2.82%), Copper: 0.06mg (2.81%), Phosphorus: 27.69mg (2.77%), Calcium: 21.81mg (2.18%), Zinc: 0.26mg (1.71%)