



Rio Grande Limeade



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



589 kcal

BEVERAGE

DRINK

Ingredients



1 slices garnish: lime



1 cup juice of lime fresh



24 ounce limeade concentrate frozen thawed canned



2 cups orange liqueur



3 cups tequila



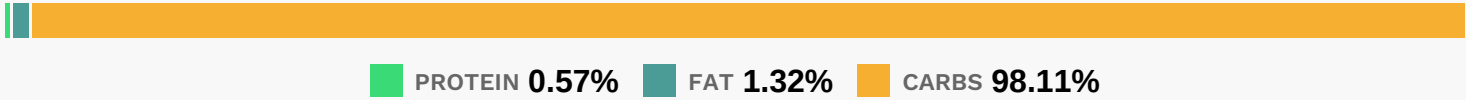
3 cups water

Equipment

Directions

- ☐ Stir together first 5 ingredients. Chill 8 hours.
- ☐ Serve over ice, and garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:7.83, Glycemic Load:0.03, Inflammation Score:-6, Nutrition Score:1.984782618673%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 4.12mg, Hesperetin: 4.12mg, Hesperetin: 4.12mg, Hesperetin: 4.12mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 588.89kcal (29.44%), Fat: 0.27g (0.41%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 44.49g (14.83%), Net Carbohydrates: 44.29g (16.11%), Sugar: 41.08g (45.64%), Cholesterol: 0mg (0%), Sodium: 17.64mg (0.77%), Alcohol: 60.53g (100%), Alcohol %: 16.26% (100%), Caffeine: 20.45mg (6.82%), Protein: 0.26g (0.51%), Vitamin C: 15.95mg (19.34%), Copper: 0.11mg (5.27%), Potassium: 85.72mg (2.45%), Magnesium: 9.11mg (2.28%), Manganese: 0.04mg (2.17%), Phosphorus: 16.51mg (1.65%), Vitamin B1: 0.02mg (1.54%), Vitamin B2: 0.02mg (1.41%), Folate: 5.26µg (1.32%), Calcium: 12.64mg (1.26%), Vitamin B6: 0.02mg (1.08%)