



## Ruby Red Tequila Cocktails

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



214 kcal

BEVERAGE

DRINK

### Ingredients

- 8 ounces tequila (preferably reposado)
- 3 cups grapefruit juice red
- 4 teaspoons juice of lime fresh

### Equipment

### Directions

In a pitcher, combine tequila, grapefruit juice, and fresh lime juice. To serve, divide among four glasses filled with ice.

## Nutrition Facts

**PROTEIN 5.02%** **FAT 1.88%** **CARBS 93.1%**

### Properties

Glycemic Index:15.75, Glycemic Load:9.35, Inflammation Score:-4, Nutrition Score:3.9226086700092%

### Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

### Nutrients (% of daily need)

Calories: 213.64kcal (10.68%), Fat: 0.18g (0.28%), Saturated Fat: 0g (0%), Carbohydrates: 20.07g (6.69%), Net Carbohydrates: 19.87g (7.23%), Sugar: 19.55g (21.73%), Cholesterol: 0mg (0%), Sodium: 4.21mg (0.18%), Alcohol: 18.94g (100%), Alcohol %: 10.06% (100%), Protein: 1.08g (2.17%), Vitamin C: 49.11mg (59.53%), Potassium: 293.72mg (8.39%), Magnesium: 18.1mg (4.53%), Iron: 0.74mg (4.08%), Vitamin B3: 0.55mg (2.73%), Phosphorus: 22.44mg (2.24%), Vitamin B5: 0.18mg (1.83%), Calcium: 14.86mg (1.49%), Zinc: 0.2mg (1.36%), Folate: 4.04µg (1.01%)