

# Salty Chihuahua

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



1 min.

SERVINGS



1

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 serving coarse salt
- 1 serving ice cubes
- 5 fluid ounces pink lemonade kool-aid
- 1 lime wedges
- 1.5 fluid ounce tequila

## Equipment

## Directions

- Wet the rim of an old fashioned glass with lime juice, then dip in salt. Fill glass with ice.
- Pour in tequila and lemonade. Squeeze and drop in the lime wedge. Stir.

## Nutrition Facts

PROTEIN 0.6% FAT 0.39% CARBS 99.01%

## Properties

Glycemic Index:111.5, Glycemic Load:12.54, Inflammation Score:-2, Nutrition Score:0.7165217321852%

## Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 182.85kcal (9.14%), Fat: 0.04g (0.06%), Saturated Fat: 0g (0.02%), Carbohydrates: 20.64g (6.88%), Net Carbohydrates: 20.13g (7.32%), Sugar: 17.79g (19.77%), Cholesterol: 0mg (0%), Sodium: 206.77mg (8.99%), Alcohol: 14.81g (100%), Alcohol %: 7.04% (100%), Protein: 0.13g (0.25%), Vitamin C: 5.24mg (6.35%), Fiber: 0.5g (2.02%), Copper: 0.03mg (1.51%)