

Salty Chihuahua



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



147 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

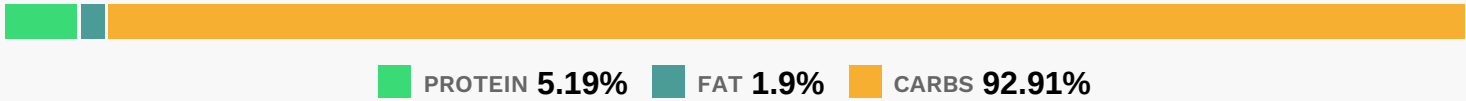
- ☐ 12 servings ice cubes
- ☐ 1.5 teaspoons kosher salt
- ☐ 8 cups grapefruit juice fresh red (12 grapefruits)
- ☐ 1.5 cups silver tequila
- ☐ 0.8 cup cointreau orange-flavored (liqueur)

Equipment

Directions

- ☐
- Combine juice, tequila, and liqueur; stir well. Coat rim of each of 12 glasses with 1/8 teaspoon salt. Fill each glass with ice; pour 1 cup juice mixture into each glass.
- ☐
- Garnish each glass with a lime slice, if desired.

Nutrition Facts



Properties

Glycemic Index:8.79, Glycemic Load:8.76, Inflammation Score:-4, Nutrition Score:3.9639130247676%

Flavonoids

Hesperetin: 3.07mg, Hesperetin: 3.07mg, Hesperetin: 3.07mg, Hesperetin: 3.07mg Naringenin: 1.72mg, Naringenin: 1.72mg, Naringenin: 1.72mg, Naringenin: 1.72mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 146.96kcal (7.35%), Fat: 0.17g (0.26%), Saturated Fat: 0g (0.01%), Carbohydrates: 18.79g (6.26%), Net Carbohydrates: 18.36g (6.68%), Sugar: 18.36g (20.4%), Cholesterol: 0mg (0%), Sodium: 296.93mg (12.91%), Alcohol: 10.02g (100%), Alcohol %: 4.97% (100%), Protein: 1.05g (2.1%), Vitamin C: 48.31mg (58.55%), Potassium: 275.9mg (7.88%), Magnesium: 17.43mg (4.36%), Iron: 0.66mg (3.64%), Vitamin B3: 0.51mg (2.54%), Phosphorus: 20.08mg (2.01%), Calcium: 18.95mg (1.89%), Vitamin B5: 0.19mg (1.85%), Fiber: 0.43g (1.71%), Folate: 6.52µg (1.63%), Zinc: 0.18mg (1.22%), Copper: 0.02mg (1.03%)